

11-1982

## Maine Running Vol. 3 No. 11 November 1982

Robert E. Booker

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NOVEMBER 1982 Vol. 3 No. 11

# MAINE Running

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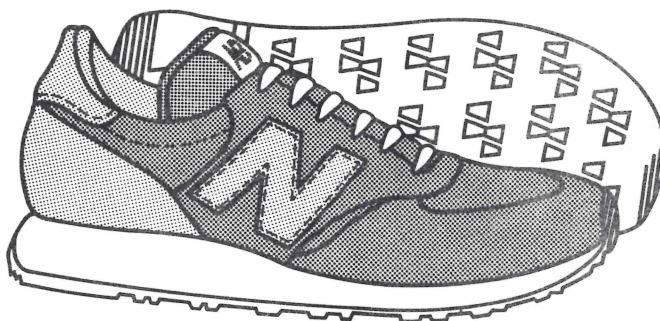
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# MAINE Running

P.O. Box 259, E. Holden, Me. 04429

Thumb through any New England ski magazine and you'll see the name Chip Carey beside a lot of pictures. Chip is one of the best at sports action photography. So, when Chip says Laura Dunham beat him to the punch at this year's Kingfield 10K, that's quite a compliment. This month's cover photo, by Ms. Dunham, really tells the story. A hurting Bruce Bickford raises the traditional Bickford-hand-of-acknowledgment to the cheering crowd at the finishline as a never-say-die Andy Palmer bears down on him.

It was quite a weekend for racing (Sep 25,26) in the state. Bickford won Kingfield; Winn won Bailey's (I wouldn't say Winn weally won the wace, would I?) and at Windsor, Danny Cake took the Common Ground Country Fair Five miler (no results available). Hopefully this will be the year that race directors Dave Paul and Chip Carey sit down together and try to come up with a solution to their back-to-back problem. It seems a shame to put the state's premier 10K (see page 15 if you don't like me saying that) and the state's premier open cross-country meet on the same weekend. There has been word that the first weekend in October will be wide open for a major race next year. Let's hope that something can be resolved.

This month we have the results of both of those major races as well as those of the state's biggest marathon - Casco Bay. There is an article by Russ Hatch of Bath; college and club reports and even a look at junior high school cross-country.

Next month look forward to quite a bit of information about cross-country skiing in the state. The Sunday River Ski Touring Center and others will be providing us with all the information we will need in order to cross train through the snowy months.



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There are still 13 races to go this year including the Ultra

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Stay tuned in December for all the championship news

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Choose your own favorite 10K if you don't like mine. Or if you do!

## BERMUDA '83

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## THE PACK 17

All the big fall races including Kingfield, Bailey's, and Casco Bay

Maine Running is published monthly in Bangor, Maine.

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# November

- 7 THE SEMPER FIVE. 1:00 p.m. in Topsham. See flyer in October issue. 5 mile cross country at the Marine Corps Reserve Training Center. \$4. Call Capt. Griffin 921-2360 or Capt. Butland 829-5357.
- 7 WISCASSET VETERANS MEMORIAL ROAD RACE. 1:00 p.m. in Wiscasset. See flyer in October issue. 4.4 miles and 1.2 mile fun run at 12:00. Wiscasset High on Route 27. \$3.50 and 50¢ respectively. Call Wiscasset Rec at 882-7533
- 7 RUN FOR YOUR LIFE ROAD RACE. 12:30 p.m. in Manchester. See flyer in October issue. "Run For Your Life" Fitness Center, Old Granite Hill Rd., Manchester, Me. \$4.50. Call 622-9854
- 7 \*WALDO COUNTY CHALLENGE\* 2 person team triathlon. See flyer in October issue. 12:15 p.m. start of 3 mile canoe race; 18.6 mile bike race; and 6.2 mile run. Call Waldo County YMCA 338-4598
- 7 AMERICAN PHYSICAL THERAPY ASSOCIATION FALL 10,000 METER. 12:00 noon at the Ramada Inn, 1230 Congress St., Portland. \$3. Proceeds go to Ronald McDonald House. Contact: Frank Gentile, R.P.T., Therapy Clinic, 15 Lowell St., Portland, Me. 04101
- 11 ELKS VETERAN'S DAY ROAD RACE.  $\frac{1}{2}$  marathon and 5K 10:15 in Augusta. See flyer in October issue. 5K starts at 10:00 at Hodgkins School, Matta Street, Augusta. \$5.00. Awards free lunch and beer at the Elks Lodge on Winthrop St. after the race.
- 13 RUNNER WORLD FUN RUN. 10:00 a.m. at Racquet Club on Chesley Dr. in Saint John, N.B. \$2.00. Awards based on prediction of time. Contact: Wayne Murphy, c/o Runners World, Chesley Palce, 400 Main St., Saint John, N.B. E2K 4N5
- 14 12TH ANNUAL LOST VALLEY 15K. 9:30 a.m. at Lost Valley Ski Area in Auburn. \$3.00 post - \$2.00 pre. Shoes for first male and female in race. Contact: Dan Campbell, 39 Holly St. Auburn or call 783-7119
- 14 \*ROWDY ULTRA 50 MILE RACE\* Starts at 7:30 a.m. in Brunswick. For information send SASE to: Sam Butcher, PO Box 297, Brunswick, Me. 04011 or call 725-8575.
- 14 \*MAINE AAU/USA STATE ASSOCIATION JUNIOR OLYMPIC CROSS COUNTRY See full page ad this issue.
- 21 FIRST ANNUAL GREAT OSPREY OCEAN RUN 10K ROAD RACE. 12:00 noon See flyer
- 25 \*4TH ANNUAL GASPING GOBBLER 10K\* A Thanksgiving Tradition. 10:00 a.m. start from the Augusta Civic Center. 2 Miler too. See flyer.
- 27 THANKSGIVING HOLIDAY CLASSIC 4 mile run from the Portland Expo at 11:00 a.m. \$2 pre - \$3 post. Merchandise awards Contact: George Towle, 17 Thomas St., Portland, Me. 04102 or call 773-8634.



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## RUSS HATCH ON RUNNING

This summer I asked several people to write about their running experiences. Russ Hatch of Bath was one of the first to respond. Russ is a graduate of Morse High School in Bath. His wife, Gloria, and he celebrated their 35th wedding anniversary in September. They have two sons, one who is a school teacher in Woolwich, Maine and the other lives in California and is in banking.

Russ has been a printer for the past 36 years and has owned his own business for the past 20. Here is his story...

As I recently celebrated my 56th birthday, I reflected on how different I feel since my 52nd birthday. At that time I had not started running and never would have guessed that just four years later I would be running 10K races.

I had not really physically pushed myself (in the athletic sense) since being in the service, a period of relative inactivity of over 30 years. I weighed 160 pounds (height 5'6") and admittedly felt my age. But at that time several things happened that finally got me out the door and on the roads.

A good friend of mine, Mel Ferris, had been running for 5 years and had logged many miles and run in many races. He is my age and on my 52nd birthday he presented me with a bronzed pair of his old running shoes and issued a challenge for me to match the 1600 miles he had put on his shoes.

At the same time, my son Dean, who had an interest in exercise and its benefits introduced me to exercise via a stationary exercise bicycle and various books, including Dr. Kenneth Cooper's Aerobics. I began using the exercise bicycle almost every day until I had worked up to 30 minute workouts.

Another thing that was happening at that time which helped to motivate me towards running was that the running movement was really taking hold and runners were finally being accepted on the roads. So after 7 months of bicycling I decided it was time for me to join the ranks.

I began with one mile and found that I enjoyed it. In order to be safe I immediately got a complete physical check-up which included a stress test. So after getting the go ahead from my doctor I began to gradually increase my mileage.

Within 2 years I had progressed to my present level which includes running 4 times a week for a total of 20 miles. I am now 20 pounds lighter and feel as many years younger.

Although I do run in 5 mile and 10K races, my greatest pleasure comes from the invigorating feeling I get from my morning runs. Not only does my regular routine of running help me maintain my present weight and level of fitness, but it also helps me to perform my daily tasks with more enthusiasm and efficiency.

Because I have always enjoyed the atmosphere and spirit of road races, I decided to sample it firsthand by directing a race. So, this summer I received a big thrill in chairing the First Annual Bath Elks 5 Mile Classic. It was a lot of work but all of it was a small price to pay to experience


**THANKSGIVING. Could you picture yourself buttoning up for the winter like most everybody else? NO WAY!**



the feeling I got the day of the race. We received many compliments on the handling of the entire race which of course pleased me a great deal. Needless to say, I am already planning for the 2nd annual. Incidentally, I also ran in the race, with a time of 39:37.

As I mentioned before I am an early morning runner as my body seems to be at peak physical efficiency at this time. I especially like to vary my routes and thus I run a new route virtually every time I run. My favorite routes are along the roads around the Bath area and I also enjoy running on the beach at Popham Beach where I have a cottage. During the harshest winter months I limit my running, but maintain my fitness on my exercise bicycle. My wife, Gloria, joins me during these workouts on her own bicycle as she bicycles all year long. I also mix in some racquetball during the winter months and I've noticed that running has improved my stamina for golf during the summer.

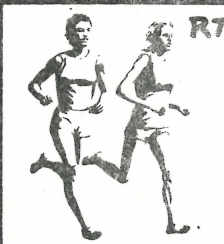
I am planning to continue running as long as I am able to do so and as long as I still enjoy it. One expression that has stuck with me since it made an impression when I first started running is, "Running doesn't add years to your life...it adds life to your years!" Amen!





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**MAINE Running**



## AT THE RACES

### Bickford leads biggest field at Kingfield

Bruce Bickford may not have been pleased with his performance, but it was good enough to capture first place over nearly 500 other competitors at the fourth annual Kingfield 10K road race.

"I'm just not in shape," the Benton native said after touring the 6.2 mile course in a time of 30:12.8. "As a matter of fact, I never felt so bad as I did today. I went out a bit too fast (4:25 for the first mile), and at one time I almost stopped."

Bickford never did stop, however, but he had to hold off a late challenge by Andy Palmer, formerly of Madawaska, for the no. 1 spot on a warm summer-like day. Palmer, now a Watertown, Mass., resident, finished just two seconds behind Bickford, who makes his home in Wellesley, Mass.

"Bruce is just a better runner than I am," said Palmer. "I tried to catch him at the end, but I couldn't do it."

Bickford led all the way. He had a 14:07 timing at the three-mile mark, and was 24:04 after five miles.

Kim Beaulieu of West Buxton was the first woman across the finish line with a time of 37:52, well off the standard of 33:41 held by Joan Benoit of Cape Elizabeth. Joanne Cole of Portland was second at 39:53 and Jo Comeau of China Lake third at 40:14.

Bickford's time also failed to challenge the course record. Bob Hodge set that standard with a 29:11 clocking in 1979. For Bickford, who is aiming for a spot on the 1984 U.S. Olympic team as a steeplechaser, it was his first entrance in the Kingfield event.

Hank Pfeifle of Kennebunk had planned to come back and defend his 1981 championship, but had to withdraw because of back problems.

In a prelim to the 10K event, 14-year-old Mark Stover won the 1-mile Kingfield Kids race in a time of 5:25. Some 180 youngsters competed in this race, which is restricted to those 14 and under.

David Baston was second at 5:36, John Nadeau third at 5:36, Tim Berry fourth at 5:42 and Jon Dickhaut fifth at 5:49.

Don Waterhouse

### Winn Captures Bailey Race

For a little guy, Bob Winn is developing a pretty good knack for upstaging the bigger names in road racing.

In July, Winn upset 2:15 marathoner Mark Anderson of the University of Colorado in the Celebration 350 half marathon in Portland. October 26th the setting was the University of Southern Maine's Gorham campus and the ninth annual James Bailey five-mile road race.

It was an impressive performance for Winn, a diminutive, 23-year-old Wells native and former All-New England distance runner at Central Connecticut State College.

Ultimately, the hilly, challenging USM course seemed custom-made for Winn. Since early September, when he moved north to teach industrial arts at Lawrence Junior High, Winn has trained with the Colby cross country team and cranked out 100-120 miles per week on largely hilly terrain. He bounced over the hills at Gorham like a jackrabbit.

"I don't even think it's that tough a course," Winn said, in stark contrast to what most runners say about the USM layout. "At the top of the first big hill I looked back and there wasn't much competition. I didn't have to push that hard today, but I ran well by myself."

Hammond(second in 26:46), who finished fourth last month in the Salem, Mass., Pickering Wharf road race won by Bill Rodgers, was still feeling the effects of a recent layoff. After a strong summer of road racing, he hurt an arch three weeks ago and took a week off to rest the injury. He is just now rounding back into form.

By the one-mile mark in the Bailey race, he realized Bob Winn's back would become a familiar sight. "When Bobby took off early, I decided to myself that I'd run for second place," Hammond said. "I'd never even run this course before, so I had no idea where it goes. I figured if I tried

to stay with Bob I'd probably die and get lost out there somewhere."

Jerry Crasnick  
PPH Staff Writer

Dave Paul adds...

"Bob, Super race, great weather, everything went very well. A good men's field despite what Winn did. Super runs by submasters and masters and of course Carlton Mendell under 35 minutes at age 60. Zig-gie's team ran great, top 5 in top 12 finishers, top 8 under 30 minutes on tough course.

Take care,

David

---

#### Hammond Comes Back at Richmond

---

The race format for the Richmond Ramble was changed this year from a 5 miler to a 10K. The course was wheel measured by Eric McNett of Brunswick. This is a fund raising event for the Richmond Area Health Center. All entrants received T-shirts and awards were canvas tote bags, purchased through the Good Sports of Brunswick.

The race went well except for a few moments when Rock Green made a wrong turn. He only went off the course for a few steps which still kept him in second place.

Linda McNett

Ed. Note: Perhaps more than 27 could be encouraged to run in this traditional race next fall for a worthy cause.

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#### Gaige and Emery repeat over small field

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Mike Gaige of Old Town was the first runner across the finish line in the third annual Autumn Gold 20 Kilometer Road Race, which was held in Ellsworth October 2. Gaige won the State Championship race for the second year in a row with a time of 1:05:08. The second man to finish was Henri Bouchard of Orono in 1:05:48.

Robin Emery of Lamoine won her third Autumn Gold in a row with a time of 1:22:28. Jo Comeau of China, Me. was the second woman

finisher in 1:28:46.

The Downeast Striders won the men's team award, with club members Mike Gaige, Larry Deans and Dick Fournier having a combined time total of 3:27:59.

Jim Prendigast

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#### Emery Repeats at Southwest Harbor

---

A perfect fall day saw over sixty runners participate in the Harbor House 5.5 mile Fall Foliage race in Southwest Harbor, Me. October 10. First female to cross the finish line was Robin Emery with a time of 33:33 and the first male was Steve Frederick with a time of 29:55. In the special categories the first Harbor House Harrier female was Patti Noll with a time of 39:26 and the first male was Ron Hunter with a time of 36:28. Top Finishers were presented gift certificates from Haskell's Sporting Shop.

Marty Lyons

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#### Pen Bay-Samoset Classic: Pacers First

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The unseasonal 42° weather and strong wind didn't dampen the enthusiasm of the runners in the inaugural Pen Bay Samoset Classic which featured both 5K and 5 mile races. This Classic was the first race put on by the Pen Bay Pacers of the Mid-Coast area and attracted 121 runners. Co-sponsor of the race was the Samoset Resort where the races started and ended.

Mike Gaige (24:27) was the first male open winner in the 5 mile race and Kim Beaulieu (29:39) the female open winner. In the 5K race, Stacy Bryant (16:45), a local high school runner and Pen Bay Pacer, was the first male finisher and Paula Stone (19:24) the first female finisher. The Pen Bay Pacers won both the male and female team awards.

After the races, all runners were invited to a tasty and filling awards buffet at the Samoset. Awards given out for age division winners were mounted running posters drawn by artist/runner Herb Parsons of



North Haven. In addition the open winners in the 5 mile race were awarded free weekends for two at the Samoset Resort.

Sterling LeBlanc

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### Bonnie Bell Result

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I'm sure you'll have Bonnie Bell results but in case you don't:

My wife, Karen McCann finished 51st out of 7,700. Time: 37:25 (22 seconds to cross starting line corrects that to 37:03!) We Believe 2nd Maine woman behind Kim Beaulieu's 36:34 - she's living in Mass. now?? Karen missed 5th in age category by 6 seconds.

All this and she's peaking for Benjamin's.

Dennis Hayes  
Norridgewock

Ed. Note: Let me know how all you ladies did for the December edition. And while I'm on the subject: let's hear from all of you who are running New York also.

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### Police Pursuit Roadrace

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On Monday, October 11, the Maine Criminal Justice Academy sponsored the 2nd Annual "Police Pursuit Roadrace" in Waterville. A field of 63 participants entered and completed the 4.2 mile course which started and finished at the Maine Criminal Justice Academy on Silver Street.

Jon Bemis of Kennebunk was the overall winner with a time of 21:47 to set a new course record. The first female finisher was Karen Laurentz of Eliot with a time of 34:45. Trophy winners in the other categories included: 40 and over (male) Ray Cormier; 30-39 (male) David Loranger, (female) Patricia Flanders; 19-29 (male) Richard Morrison; 18 and under (male) Paul LeBlanc, (female) Joanne Giorgetti. The first place team trophy went to the Maine State Police Team #1, which consisted of Ray Cormier, David Freeman, Joseph Regali and Terry Cousins.

A one mile "Fun-Run" for younger members was conducted shortly after the main race. The first three male finishers were Buddy Cousins, Billy Freeman, Pat Loranger, and the first three female finishers were Julie Giorgetti, Kate Mahoney and Jessica

Giorgetti. Trophies and ribbons were presented by Steven Giorgetti, Race Coordinator, following welcoming and congratulatory remarks by Maurice C. Harvey, Academy Director

Steven Giorgetti

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### Junior High School Action

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Dennis Smith has sent race results of his Shaw Junior High School girl's cross country team in Gorham. As of this writing the girls were 6 and 1. They were defeated by Lake Region in their 3rd meet after defeating Cape Elizabeth, Scarborough, Bonney Eagle, Yarmouth, Windham and Greely. Dennis is very proud of Stephanie Keene, Donna Peck, Cari Clay, Christy Conway, Janice Ricker and Candy Foss. Others running for Shaw are: Karen Distant, Diahanna Morgan, Tami Sendzik, Kerry Myatt, Jenni Cook, Elizabeth Allen, Ruth Hamblen, Crystal Harmon, Brenda Smith and Heidi Hawxwell. Look for their names at the state AAU Junior Olympic Cross-Country Championships on November 14th at Maranacook School.

Some more girls to look for will be those of Jimmy Newett at the Bryant E. Moore School of Ellsworth. They haven't lost a meet this season and at last count were 12 and 0 behind Jenny Shea. Jimmy is bringing his whole team to Readfield for the state meet. Watch for them.

One of the Ellsworth girl's victims were my own Dedham Demons. Carol Donovan (6th grade) and Robin Coleman (5th grade) have led my charges to an 8 and 5 record that could easily have been 11 and 2 if two key 8th grade girls, Janet Doran and Jillian Sites had run in every meet. Our only two losses would then have been to Hancock County's perennial powerhouses, Emerson of Bar Harbor and Moore of Ellsworth. We hope to make our presence know at Readfield as well.

Junior High X-Country has been a long time in coming. Hopefully it is now here to stay and in a big way.



# Colleges

## BOWDOIN COLLEGE

---

Inexperience and potential: those two words follow around coaches in every sport. Bowdoin College women's cross country coach Lynn Ruddy could hardly ask for any more talent than she has this season. But when your top five runners on the squad combine only five seasons of varsity intercollegiate competition, there are bound to be frustrating times.

Not that Coach Ruddy is at all unhappy with her team's season to date. After five weeks of competition they have an 8-4 record and have finished no worse than second in any competition. What Ruddy would like to see, however, is the talent she knows is there come to the surface for the final races of the year, those championship competitions that mean the most.

"We could surprise at one of the championships coming up," says Ruddy. "But we could also not develop the way we could, and be somewhere in the middle of the pack. We do have a good team, though."

Led by senior Co-Captain Laurie Bean of So. Paris, Me., the Colby-Bates-Bowdoin (CBB) Conference individual champion, the Polar Bears have been a force in every race this season, and their only losses have come to Bates (twice), UMO, and UNH, all very good cross country schools. While Bean has won five varsity letters in track at Bowdoin, this is only her second season out for cross country.

Following Bean is senior Co-Captain Ellen Hubbard of Wayland, Mass., a two-year letter winner in the sport, but nevertheless a converted-sprinter from track. "Without much background Ellen has become an excellent runner," says Ruddy. "She has an awful lot of natural talent."

Challenging Hubbard for the number two spot on the team all season has been freshman Sarah Gosse of Ipswich, Mass. "She has certainly been a surprise to other teams," says Ruddy of her recruiting prize. "She looks very strong and has improved her times almost every race. She's going to be around for a while."

Filling the fourth spot has been steady Ellen Gross, a two-year letter winner from Moreland Hills, Ohio. "Ellen has drastically improved her times this year," notes Ruddy. "She is going to be one of our keys as the season goes on."

While those four have led the Polar Bears all season, sophomore Kim Long (Weston, Mass.), freshman Karen McGowan (Warwick, R.I.) and senior Sally Ormsby (Seattle, Wash.) could well determine where Bowdoin finishes in the upcoming State of Maine Championships (Oct. 23 @ UMO). "Those five, six, and seven spots are very important," says Ruddy. "Karen, Kim and Sally have all run well this year, and if one of them could move up with the top four, we'd be in excellent shape."

What are the problems when two of your toughest opponents come from within the state? It means that rivalries get started, and the Bates-Bowdoin matchup has become a dandy. Bowdoin won the first meeting, at Bates' CAN-AM Invitational, and Bates has twice retaliated, in the CBB Championships and at the Bates Invitational. The two teams will meet several more times, including in the Oct. 23 meet when squads from Colby, UMO, and USM will also compete.

Only time will tell if the Polar Bears can pick up experience in just a few weeks, and make a run at some of the established cross country powers. Regardless of whether they do or not, their potential to do so makes each meet exciting.



# BC girl

Noted race walker, Steve Vaitones of Waltham, Mass wrote to remind me to mention that Hank Pfeifle was third in the National Sports Festival marathon with a time of 2:20:15 and Paul Oparowski was 4th in 2:23:37. He also sent some Boston Globe clippings following the career of Michelle Hallett of Mars Hill, who is running as a freshman for Boston College. On September 12th Michelle finished first in a tri-meet with UMaine and UConn. She finished 33 seconds ahead of Maine's Joanne Choiniere! On October 12th in the Greater Boston Championships at Franklin Park she ran a 16:26 5K to win the women's event. She established a new Greater Boston record and was only 16 seconds off the course record held by Lynn Jennings.

## SAINT JOSEPH'S COLLEGE

Ziggy Gillespie's St. Joseph's College Monks keep rolling along. The last word I got was that they were 17 and 0 on the season with five meets to go.

The team did an outstanding job at the James Bailey Cross-Country Invitational led by Stu Hogan and Rick Garcia. You know Ziggy's got a hot team when a couple of his young runners can go with the likes of Larry Greer and Danny Paul.

The Monks took the team award in Dave Paul's race with a low score of 41.

## UMO women to defend title

The University of Maine at Orono, two-time defending state champion, hosted the Maine Association for Intercollegiate Athletics for Women's cross country championships on October 23rd.

UMO was again favored to win the competition, but Coach Jim Ballinger and technical advisor O.J. Logue expected the women to receive tough competition from Bates and Bowdoin.

Also competing were Colby College and the University of Southern Maine.

Leading the defending champions were senior record-setter JoAnn Choiniere of Cumberland, R.I. and sophomore Rose Prest of Bridgewater. Absent from the UMO lineup was Sue Elias, who is injured but expected to return in time for the following weekend's New England championship.

Ballinger and Logue were looking for good performances from Tammy Perkins and Sonja McLaughlin to make up for Elias' absence. Freshman Beth Heslem of Brooks, a standout athlete at Mount View High School, was also expected to score well in this meet.

Leading the Bates attack was the Bobcat's All-American Rebecca Watt. Colby's Ann Cullenberg was expected to turn in a good time, as was Bowdoin captain Laurie Bean. Ballinger indicated that USM runner Diane Wood, a championship runner from Mount Desert Island High School, should also finish near the top.

New MAIAW records would be established in this championship since the course has been reduced to five kilometers.

By Joni Averill

Bangor Daily News Staff



# CLUB NEWS

## THE WOODS RUNNERS

A gorgeous morning from the top of the world! Bright-sunny-30°-autumn colors still somewhat intact and McLaughlin reeking of fox lure!! You know fall is here when his pungent presence permeates the very essence of autumn scents. Speaking of permeating Barry had a 1:18 at Bar Harbor and a 36:00 and change clocking at Kingfield for some much improved times. If only we didn't have to listen to it. . . . Another club runner, Steve Porter has turned in a couple of fine times at Kingfield and the UMPI 5K. All this with being a full time student and putting in 70-80 hour work weeks. Ah - to be young (er) again, perchance for just one race?

In response to this month's query as to interests of the club members other than running, please be advised that the following has been censored, scrutinized and considerable discretion has been exercised in replying that we have teachers, store managers, college students, woods contractors, aerobics instructors, a health center administrator, a physician's assistant, shiftworkers at GNP, carpenters, housewives, a banker, a recreation director, a slightly frazzled high school principal and lots of young-uns. We realize that these diverse occupations may not be too "all inclusive" but T2 R6 ain't exactly your downtown Burbank!!

As for some of the outside interests of our runners-those we have a few of (once again exercising considerable discretion). Cross country skiing is a biggy as one would probably suspect. Susan Adams and husband Don have developed their own network of trails as has Allen and Vicki Stevens. Susan also is into sewing and the culinary arts. Ellen McLaughlin and Martena McAvoy are into aerobic dance and exercise with adults during the day and evenings. Preston Hood is also a skier, mountain climber, and sauna builder, grade A!! If you haven't already guessed, Barry McLaughlin is a diehard trapper, hunter and fisherman. Many others of the Runners also cross country ski with Benita Qualey doing considerable biking. Having your own pool is a definite plus in the northern tundra, (at least from July 6 through the 9th) and Jeanette Harvey is a dedicated swimmer, sharing this interest with others, weather permitting. Ricky McAvoy is an avid tennis buff and the ex-UMFK star still wails on a mean game of basketball (and me) 2-3 times a week. Vicki Richardson is also an enthusiastic seamstress and part time heavy equipment operator!! She finds this work just sew-sew. Patsy Dyer and Lou Ellis are health freaks and also instruct in the Fitness for Health Program. Bob Dyer is into weights, soccer and deer hunting minus the deer!! Charlie Lane is a weight lifting, square dancing, snowshoer which is some kind



of a sight believe me!! Ted Pettingill does some dedicated white water canoeing when not "P.A.ing" at the Katahdin Valley Health Center. Lisa Rush sheds her running image with frequent plunges into macreme and flower arranging while Becky Baltzer is a very active field hockey and basketball official. Bruce Twombly is a hunter and cross-country snowshoer which incidently makes for a good combination of efforts!! Diana Tucker is an off-season ice cream saleswoman which leads to many temptations but some great willpower!! We have other members who are enrolling in the craft of motherhood and trying to keep the old man fed while the younger ones are engaged in a host of activities to numerous to mention. And lastly we are all kept within certain limits by Mac Dow, our resident state trooper, who in turn is kept within certain limits by running wife Sue!!

I know that most of these names will be nothing more than that to other runners but we wanted to mention them in the hopes that as time goes on maybe a face and a name can be more easily matched up - plus we're proud of them so just wanted to get their names in print!!

*Loren Ritchie*



## Maine Rowdies



The Maine Rowdies are no longer the smallest running club in Maine, but we are still the best. The smallest membership now goes to the "Lesser Durham Striders" with five members.

There are approximately twenty-two Rowdies in captivity (with countless fantasy Rowdies). None are in jail, we all have our driver's licenses and 95% are employed (Ken Flanders holding the club record for the most job changes).

Recent major team accomplishments (that we can write about). We won the team title at the Paul Bunyan Marathon in July. This was also the day that Gary Cochrane won the Triple Crown of Marathoning in Maine; a remarkable feat considering his age and diet.

More recently, we won the team title at the Casco Bay Marathon (an event started by the Rowdies). 8th place Danny Paul 2:32:45; 12th place Lawson Noyes 2:35:10 a Master's record; and 16th place Rock Green 2:38:29. It should also be noted that two of our top marathoners, Gary Cochrane and Eric McNett, are temporarily out of action.

Special congratulations go to Y. Bill Gayton for almost being our runner of the month. Y. Bill won, yes won the Green Mountain Ultra on October 16 with a time of 6:35 for the 50 miles!!!!

Also, special recognition goes to Phil Soule. Phil placed 3rd in the U.S. National Flatwater Championship in Fulton, New York on July 28th. The very next day Phil took some extra strength Tylenol and placed in the top 10 doubles flatwater competition. So in 48 hours Phil placed in the top 10 twice against some of the most intense competition ever assembled.

Our Runner of the Month honor goes to "Awesome" Lawson Noyes. Lawson has 17 victories in the master's division so far this year. He set a master's record in the recent Casco Bay Marathon. He placed 67th out of 3,500 runners in Boston.



In January when Lawson gave his "State of the Running Address" he vowed this would be the "Year of the Lawson". He has made us all believers. Congratulations on your outstanding performances!!!!

In closing I would like to say that the Maine Rowdies are not and never have been affiliated with Hell's Angels or the Ku Klux Klan. We do not have any officers, we are under the leadership of our tri-captains - Phil Soule, Lawson Noyes, and Ken Flanders (who last year was almost impeached and is still on probation).

The Rowdies are presently gearing up for the Rowdie Ultra which will be November 14, 7:30 a.m. For information call Sam Butcher 725-8575.

New Members: Peter Millard and Peter Connolly

QUOTES OF THE MONTH FROM CAPTAIN SOULE

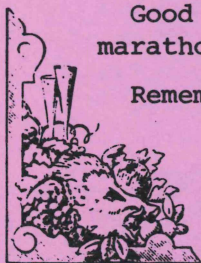
"Why be a smoldering fire when you can burn out!!!"

"If it ain't long it ain't worth fooling with."

Good luck to Rowdy team member Carlton Mendell as he attacks the "Big Apple" marathon.

Remember, Good pain is hard to find!!

Charlie Gordon  
Rowdie Ambassador



# Maine Track Club

Our club will be holding its end-of-the-year handicap race for club members only in December. This race is set up with each member's best 10K time as the bench-mark. If everyone runs their times equally, then all will come together at the finish. This type of race makes for a unique ending, because it's those with the greatest handicap that have the best potential to win. In the past, it's been someone who rarely gets mentioned in the newspaper that comes across first. It's a great time for everyone! Especially since we have special awards for all finishers. This club race is run in the afternoon, and our banquet is that evening, so it's a full day for those who can make it. Our club will probably be having more winter outings this year on the idea of cross-country skiing, skating etc. as we have a committee to handle this for 1982-83.

Marion Leshey, our vice-president and co-writer of the MTC newsletter is one of our most active members. She rarely misses a meeting, fills in for anyone who needs help, and is always ready to offer encouragement to other club members. Many free medical tips have been passed along (from husband and runner, Dr. Leshey) to injured club members. Marion is a master runner and has run marathons very successfully here and in Canada. Her running mate Joan Welsh shares in many of her practice sessions and road races, and they give each other a friendly rivalry. Our track club functions run, most of the time, through some involvement from Marion. She offered to continue to work next year on the newsletter committee. As with most clubs, it's usually a small percentage of the total membership, which does the bulk of the club's work. I'm hoping that 82-83 will see many new faces on the various committees, so that the present group of officers and committee members can have more free time in '83.



Charlie Scribner is another M.T.C. member who gives more than requested in terms of keeping our club functions going. He is in charge of our race equipment, involved with all race directors in coordinating supplies, etc. for these events. Charlie also has been active in local politics regarding race policies and representing our club's members and the racing public very effectively. He has been improving steadily with his running also, and he and club member, Brian St. Pierre, have had some friendly wars. Charlie is continuing to offer his help in a variety of ways for 1983 and our club will benefit, again, from his work and commitment. Any club is stronger with this type of unselfishness in regards to club work. People like this continue to make the M.T.C. what it is - a great group!

Always running!

Bob Coughlin

## Maine Road Ramblers

If you feel like trying something different than running, but still want to keep the legs in shape, enjoy the fresh air, and see lots of scenery - try biking. Marsha and Ray Giglio have done just that this year and have found it to be great fun.

After a very active road racing year in 1981, Marsha has not run any races this year and Ray has run only a couple. Instead, they have biked about three days a week and gone on some day tours and in a few bike races. Running has still occupied three days a week for them, but only doing six miles a day, with no speed or distance work.

Ray and Marsha both have 10-speed bikes, which are almost essential for getting good exercise while biking, because the multiple speeds allow one to maintain a good cadence of 70-80 rpm. The bike weight is not important for exercise purposes, but the lighter and better made machines do allow one to go faster and further, or to keep up with a faster group of riders. Ray says that Marsha, however, can keep up on her 33 lb. Schwinn with many others on bikes 6-10 lbs. lighter.

A typical training ride for the Giglios has been 1½ or 2 hours. At a 15 mph pace, this is equivalent to about 4 miles of running at an 8 min/mile pace, according to Dr. Cooper's aerobic tables. However, the workout for the leg muscles is more than the aerobic points indicate, and yet the joints do not get the wear and tear of running. The quadriceps get a lot of exercise, which Ray thinks helped him in the Mt. Washington foot race. Anyone knows that Marsha is already good on hills, and that inclination shows up in her biking too. The calf and achilles tendon also get exercised, but not stretched as much as they do while running. Cycling is usually a good exercise when recovering from running injuries. One disadvantage is that one must cycle for about three times as long as running to get the same aerobic training.

An enjoyable part of the biking has been the wider range, Marsha reports. She and Ray usually bike toward the west from Augusta, using the nice, new, paved shoulders on Rt. 202 to get to Winthrop. From there, Wayne, Readfield, Monmouth, etc. beckon. Water can be easily carried and drunk, and one can even eat a little during a long ride. Ray says that he has a hard time keeping his bike from turning into every ice cream bar. The longest tour the Giglios took was the "Century" ride 100 miles. Six (Marsha) and seven (Ray) hours of pedaling on a hot day, but at least they always had a breeze, they said, "definitely was easier than a marathon."

Joining the Penobscot Wheelmen and riding on many of their tours has introduced



Marsha and Ray to a new crowd of exercise-minded people. There are many husband and wife cyclists, Marsha reports, and a somewhat older average age. The group includes some road runners, such as Greg Nelson. Cross country skiing seems to be a popular winter passtime for the cycling gang.

Like running, cycling has its cadre of participants who buy the best equipment and follow the most stringent training schedules. Only instead of \$100 running shoes, it can be \$1,500 (and more) custom bicycles and chatter about gear ratios, tires, headsets, chain-wheels, etc. But Ray and Marsha report that people seem to have a lot of fun regardless what kind of bike they have, and everyone is friendly and eager to help anyone with a breakdown.

Bob Jolicoeur

### MAINE RUNNING SURVEY

A lot of people have asked if we planned to rate the races in Maine this year. Some have asked for background articles on major races.

Past ratings have reflected the views of a very small handful of race directors, and elite runners, and have fallen way short of the actual facts.

Now it's your turn. I'm asking each club in the state to take a poll of their members to find out what they feel are the top 10 road races in the state. The results of the survey will be published in our third annual edition which will be out the first day in February. If you do not belong to a club, send me a post card with your choices of the top THREE races in the state. If you are in a club make sure you are not counted twice, by only voting in your clubs poll. A point system will be established in which the top races can be recognized.

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### MAINE RUNNING FOR CHRISTMAS

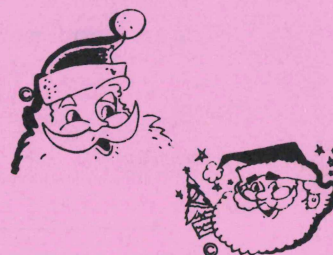
Unsure of what to get that running friend this Christmas? How about a year's subscription to Maine Running Magazine! For \$15 you can give the gift that won't gather dust in the closet. Your friends will be able to check their progress and chart yours as they formulate the strategy that may some day put them in front of you. Get to know the clubs and individual runners who make running in Maine so special.

Name of Friend: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Zip \_\_\_\_\_

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SPECIAL REQUESTS \_\_\_\_\_

BOOKER



September 30, 1982

Bob:

I hope you can find room in your magazine to print this letter so that runners and race organizers in Maine can realize that from an outsiders point of view, you are all very special people.

My wife and I have been traveling great distances to run races in Maine this year. Many people have asked why we do it. Aren't there races in our own area? Yes there are several, and some very good ones too. But, going to local races is too predictable. I can tell before the race starts where I am going to finish in the standings. There is also a terrible air of competitiveness amongst runners in this area.

Maine is a beautiful place in which to run. What could be prettier than a coastal run along Schoodic Point, the carriage paths of Acadia or the fishing docks of Boothbay Harbor? Everyone we've met including race organizers, top runners, back of the packers and race spectators have been notably friendly to us. Maine runners seem to possess an intrinsic enjoyment of the activity. You folks derive great pleasure from simply participating in this sport. Our pictures from Schoodic Point show smiles on nearly everyone in the pack at the runs start. The camaraderie is very noticeable and appreciated.

If I had three wishes, I'd wish first that I could shake the hand of every runner in Maine. Second, that I could buy a beer for every runner in the state and third, I'd wish for a million bucks (Hey, 2 out of 3's not bad.)

Here we shall stay until the next opportunity arises for us to spend another weekend running and socializing with a fine group of people in a fine state.

See you on the roads,

Bruce and Nancy Ellis  
Exeter, New Hampshire



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# 2ND ANNUAL JONESPORT 5 MILER Sep 11th

## 1 mile

1. Chris Hastings	5:48
2. Jay Haley	5:56
3. Andy Seeley	5:57
4. Jon Cowles	5:59
5. Lisa Seeley	6:06*
6. James Hanscom	6:10
7. Braden Alley	6:12
8. Debbie Carver	6:18*
9. Stephen McCarthy	6:23
10. Mike Merritt	6:46
11. Marc Merritt	6:56
12. Sandra McFadden	7:02*
13. Danny McCarthy	7:02
14. Jud Carver	7:05
15. Erik Rogers	7:18
16. Anthony Romano	7:31
17. Dana Lamson	7:34
18. Timothy Stanhope	7:38
19. Jason Wood	7:40
20. Nicholas Tomb	7:41
21. Terry Faulkingham	7:44
22. Amy Cowles	7:51*
23. Seth Muir	7:53
24. John Hanscom	7:55
25. Trisha Alley	8:12*
26. Kelsie Young	8:13*
27. Cheryl Stuart	8:15*
28. Jennifer Kenney	8:30*
29. Heidi Hatt	8:31*

## 5 miler

1. Mike Francis	28:31
2. Deke Talbot	29:02
3. Mike Worcester	29:32
4. Bion McFadden	29:43
5. Craig Maker	31:24
6. David Alley	33:01
7. David McCarthy	33:21
8. Bill Pinkham	33:51
9. Andrew Seeley	33:52
10. Carlton Small	34:23
11. Paul Berg	34:41
12. Tony McKim	34:43
13. Guy Dunbar	35:30
14. Mike Merritt	35:36
15. Sam Auerbach	36:03
16. Chris Ward	37:04
17. Mark Chandler	39:31
18. Don Beal	39:46
19. David Lindquist	41:04
20. Georgina Miller	42:11*
21. Millard Crowley	42:24
22. Yorgo Toles	42:42
23. Andy Seeley	42:44
24. Lisa Seeley	43:15*
25. Joe Saprel	45:01
26. Brian McLaughlin	46:01
27. Robbie Hastings	47:11
28. Mike Kelley	48:42
29. Chris Hastings	50:27
30. Johnathan Cowles	50:48
31. David Nelson	50:49

# BAR HARBOR 13 MILER

Sep 18th

1. Mike Gaige	1:08:36*
2. Peter Millard	1:11:07
3. Bruce Ellis	1:11:35
4. Larry Deans	1:13:32
5. Gary Allen	1:13:59
6. Bill McCully	1:14:36
7. Bill Hine	1:14:54
8. Dick Fournier	1:15:26
9. Rich Balentine	1:15:31
10. Jeff Keeton	1:15:54
11. Glenn Hines	1:16:33
12. Herb Parsons (M)	1:16:49
13. Ralph Fletcher Jr.	1:17:21
14. Ralph Freeze	1:17:42
15. Mike Daly	1:17:46
16. Richard Lane	1:18:14
17. Conrad Walton	1:18:17
18. Gary McLaughlin	1:18:33
19. Bob Coughlin	1:18:41
20. Lance Gulliani	1:18:49
21. Herman Pelletier	1:18:58
22. Danny Cake	1:19:10
23. Phil Coffin	1:19:27
24. Bion McFadden	1:20:32
25. Lee Fairbanks	1:20:35
26. Gary Wright	1:20:45
27. Alan Howard	1:20:47
28. Ken Remsen	1:20:54
29. David DeLois	1:20:55
30. George Liming	1:21:09
31. Thomas Doyle	1:21:20
32. Joel Hinshaw	1:21:28
33. John James	1:21:40
34. David Cunio	1:21:43
35. Sidney Hazelton	1:21:57
36. Loren Ritchie	1:22:13
37. John Moncure	1:22:32
38. Mike Cook	1:22:36
39. Lawrence Bridges	1:22:43
40. Mike Simoneau	1:22:50
41. Cliff Rogers	1:22:58
42. Chas Nichols	1:23:30
43. Randy Marcy	1:23:33
44. Phil Nichols	1:23:35
45. Tom Swan	1:23:37
46. Craig Maker	1:23:45
47. Oskar Feichtinger	1:23:50
48. Peter Enni	1:23:51
49. Calvin True	1:23:55
50. Leonard Sanborn	1:24:09
51. Ray Ashenhurst	1:24:21
52. Stephen Palley	1:24:22
53. Gore Effinger	1:24:33
54. Arnold Amoroso	1:24:43
55. Brian Benedict	1:24:45
56. Paul Merrill	1:24:46
57. Cliff Hatfield	1:25:04
58. Deke Talbot	1:25:10
59. Fred Putnam	1:25:12
60. Ken Sylvester	1:25:25
61. Bob Booker	1:25:27
62. Joe Wesp	1:25:33
63. Henry Williams	1:25:43
64. Jeff Gray	1:25:45
65. Tim Drury	1:25:49

66. Robin Emery	1:25:51*
67. Cliff Olson	1:26:00
68. Peter Washburn	1:26:10
69. Paul Rego	1:26:19
70. Ted Fulton	1:26:58
71. Mike Nertrand	1:27:24
72. Pete Esponnette	1:27:35
73. Joel Hawes	1:27:54
74. Phil Schena	1:27:56
75. Jane Parsons	1:28:02*
76. Allen Presby	1:28:24
77. Bob Duprey	1:28:27
78. Sam Butcher	1:28:31
79. Bill Pinkham	1:28:38
80. Dennis Jorde	1:28:50
81. Ray Owen	1:28:51
82. David Comeau	1:29:17
83. Mike Doore	1:29:18
84. Don Warren	1:29:40
85. Gary Bryan	1:30:04
86. Joshua Bradford	1:30:08
87. Frank Woodard	1:30:24
88. John Wadach	1:30:27
89. Bryan Dench	1:30:27
90. Peter Lyons	1:31:02
91. Frank Bragg	1:31:07
92. Arthur Tome	1:31:11
93. Don Moser	1:31:11
94. Fay Michau	1:31:15*
95. Larry Rich	1:31:32
96. Ed Meyers	1:31:35
97. Don Ergelhardt	1:31:47
98. Madeline Butcher	1:31:56*
99. Peter Cuff	1:32:04
100. Harry Gunderson	1:32:05
101. Ben Milster	1:32:32
102. Jo Comeau	1:32:34*
103. David Capen	1:32:52
104. Tony Beardsley	1:32:59
105. Doug Wentworth	1:33:04
106. Martin Schiff	1:33:11
107. Ron Hunter	1:33:23
108. Bill Sayres	1:33:29
109. Don Back	1:33:29
110. Joshua Rubenstein	1:33:34
111. Robert Johnston	1:33:52
112. Burt Haggett	1:33:58
113. Joanne Cole	1:34:02*
114. Richard Sayles	1:34:05
115. Gary Barrett	1:34:15
116. Gary Rohde	1:34:18
117. Andrew Seeley	1:34:21
118. Phred Merrian	1:34:53
119. Carol Roy	1:35:07*
120. Summer Weeks	1:35:08
121. Bill Conn	1:35:13
122. Mary Ann Shick	1:35:18*
123. Don Ardine	1:35:30
124. Paul Stefanczyk	1:35:36
125. Nancy Jackson	1:35:39*
126. Carol McElwee	1:35:40*
127. Alice Goodwin	1:35:41*
128. Mike Ross	1:35:47
129. Roberta Sharp	1:35:59*
130. David Snodgrass	1:36:01
131. Frank O'Connor	1:36:09
132. Daniel Koch	1:36:15
133. Ken Cole III	1:36:18
134. Gary Bouchard	1:36:22
135. Virginia Vendrell	1:36:23*
136. Sharon Kingma	1:36:28*
137. Guy Higgins	1:36:29
138. Marsha Rubin	1:36:35*
139. Phillip Rubin	1:36:49
140. Steven Doran	1:36:50
141. Dan Cullinan	1:36:56
142. David Avery	1:36:57
143. Geoff Manifold	1:36:59
144. Frank Bednor	1:37:07
145. Thomas Dorworth	1:37:19
146. Robert Ouellette	1:37:25
147. Wm Haskell	1:37:40
148. James Gilbert	1:37:40
149. Roberta Hickman	1:37:41*
150. Joanie Rhoda	1:38:03*
151. Greg Nelson	1:38:04
152. Joe Finkelstine	1:38:25
153. Ted Weiman	1:38:26
154. Guy Dunbar	1:38:45
155. Fred Schmidt	1:38:50
156. Gehrig Johnson	1:39:02
157. Robert Felkamp	1:39:06
158. Susan Collins	1:39:10*
159. John Edmondson	1:39:18



160. Larry Dutch	1:39:20
161. Lona Wright	1:39:22*
162. Mark Corbly	1:39:30
163.	
164. Bob Milliken	1:39:51
165. Tia Lamarre	1:40:11*
166. Hyla John Tracy	1:40:31
167. John Cole	1:40:38
168. Vincent Skinner	1:40:40
169. Robert Clukey	1:40:44
170. Mike Reisman	1:40:45
171. Eddie McFarland	1:40:56
172. Mark Hardison	1:41:03
173. James Mroch	1:41:07
174. Dan Keller	1:41:19
175. Bob Pride	1:41:27
176. Barbara Coughlin	1:41:31*
177. David Hirth	1:41:49
178. Laurie Allen	1:41:49*
179. Bertrand Gendron	1:42:11
180. Carol Sly	1:42:13*
181. Barbara Capen	1:42:42*
182. Marie Johnson	1:42:55*
183. Dave Van Doren	1:43:10
184. Gary Crouthamel	1:43:13
185. Robert Bolich	1:43:35
186. Ronald Label	1:43:50
187. Jack Vartoogian	1:43:55
188. David Oellette	1:44:09
189.	

190. Patty Noll	1:44:16*
191. David Lunn	1:44:18
192. Harold Jones	1:44:40
193. Louise Dunlap	1:44:41*
194. Walter Taylor	1:45:19
195. Ralph Snyder	1:45:22
196. George James	1:45:25
197. Richard Manthorne	1:45:28
198. Tuttle Christine	1:45:35
199. Wm Mantos	1:45:57
200. Jody Gretter	1:46:07
201. James Daisie	1:46:09
202. John Rush	1:46:19
203. Lloyd Wentworth	1:46:23
204. L.G. Van Puersem	1:46:37
205. Kent Despain	1:46:49
206. Sim Hannah	1:46:49
207. Carolyn Lane	1:46:55*
208. Alan Johnson	1:47:10
209. Judy Doore	1:47:15*
210. Felice Worcester	1:47:28*
211. Diane Lounder Wood	1:47:29*
212. Chad Smith	1:47:39
213. Ivey Menzietti	1:47:48*
214. Aurele Ouellette	1:47:56
215. Gordan Graham	1:48:04
216. Ellen Hunter	1:48:15*
217. Don Whik	1:48:42
218. T.S. Young	1:49:25
219. Daniel Merrell	1:49:37
220. Max Guldian	1:49:42
221. Stan Robbins	1:49:42
222. Stephen Crawley	1:49:49
223. Tom Severance	1:50:35
224. Ellie Rohde	1:50:42*
225. Lori Artesani	1:50:43*
226.	

227. Jane Bragg	1:51:01*
228. Katherine Pfeiffer	1:51:26*
229. Cheryl Scott	1:51:31*
230. David Goodwin	1:51:32
231. Gail Schade	1:52:08*
232. Don Ardine Jr	1:53:05
233. Wm Tozier	1:53:06
234. Henry Ben Hudson	1:53:15
235. Jean Goldfine	1:53:41*
236. Martha McGilpen	1:53:42*
237. John Richmond	1:53:45
238. Sam Eliot	1:54:03
239. Bruce Gretter	1:54:21
240. Mary Lou Lee	1:54:45*
241. Jean Spargo	1:55:54*
242. Jon Goebel	1:56:03
243. Joan Leslie	1:56:05*
244. Paul Gruner	1:57:02
245. Peter Golbitz	1:57:56
246. Ellen Gundersen	1:57:58*
247. Doris Plumer	1:58:42*
248. Marjorie Knuuti	1:59:00*
249. Carol Bowen	1:59:01*
250. Janey Barthelette	1:59:03*
251. Rachelle Clemson	1:59:10*
252. Debra Scherva	1:59:23*
253. John Mulcahy	1:59:25
254. Peter Kelley	1:59:46
255. Richard Ball	2:02:17

256. Ken Hodsdon	2:03:17
257.	
258. Paula Dunbar	2:04:59*
259. Don McRae Jr.	2:05:15
260. Victoria Strong	2:05:35*
261. Noreen Mellor	2:05:36*
262. Julie Schmit	2:07:55*
263. Linda Hall	2:07:59*
264. Connie Flostman	2:08:21*
265. Betty Deveau	2:08:25*
266. Paul Claroni	2:08:46
267. Tom Wood	2:08:56
268. Peter Curran	2:08:46
269. Karen Jones	2:11:42*
270. John Lee	2:12:07
271. Ron Rouillard	2:13:12
272. Cathy Hazelton	2:19:06*
273. Wes Warren	2:24:19
274. Chris Brigham	2:27:15
275. Reg Guerrette	2:28:01
276. Linda Wheeler	2:28:46*
277. Sam Ouellette	2:39:18
278. Allen Mercier	2:49:00

Results courtesy of Dennis Jenkins  
Race Director

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#### MAINE MARITIME ACADEMY CROSS-COUNTRY

Castine INVITATIONAL Sep 18th

-----

1. Chipman	UMPI	29:45
2. Conrad	UMPI	30:08
3. Crocker	St. Joes	30:15
4. Scott	UMPI	32:13
5. Maguire	St. Joes	32:16
6. Holt	St. Joes	32:47
7. Holt	St. Joes	32:48
8. Leonard	MMA	33:07
9. Altavator	MMA	33:56
10. Bailey	UMPI	34:14
11. Polland	St. Joes	34:21
12. Averill	MMA	34:28
13. Knight	SMVTI	34:35
14. Flaherty	SMVTI	34:37
15. Garcia	St. Joes	34:39
16. Poulin	St. Joes	34:56
17. Kenny	St. Joes	35:58
18. Johnson	St. Joes	35:58
19. Hogan	St. Joes	35:58
20. Fornia	MMA	37:18
21. Cote	MMA	38:15
22. Forest	SMVTI	39:09
23. Harvie	SMVTI	41:57
24. Glover	SMVTI	42:48
25. Patrick	UMPI	54:19

#### Team Scores

St. Joseph's	32	(10-0)
UMPI	42	
MMA	70	
SMVTI	96	

Results courtesy of Brian Gillespie  
St. Joe's Coach

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#### 3RD ANNUAL WADDLE FOURNIER MEMORIAL

Topsham 10 MILE RACE Sep 19th

-----

1. Ken Flanders	55:07
2. Dan Barker	56:53
3. Bill Sullivan	58:12
4. Michell Lovering	58:23
5. Eric McNett	59:29
6. Dale Dorr	60:11
7. John Leeming	60:11
8. Doug Craib	60:29
9. Tom Pelletier	61:56
10. Rob Jarratt (M)	62:15
11. Mike Perry	64:14
12. Pete Miliano	64:18
13. Ben Venskus	65:42
14. Rusty Taylor	66:13
15. Mark Warner	66:14
16. Bill Gayton	66:52
17. Wayne Clark	67:14
18. Fred Ward Jr.	67:31
19. Stephen Palmer	67:37
20. Steve Swindells	67:52
21. Vern Lewis	67:52
22. Don Bruce	68:09
23. Art Shea	68:19

24. Phil Soule	68:29
25. Dick Sabine	68:40
26. Matt Waddle	69:12
27. Tom Doten	69:58
28. Mark Danyla	70:08
29. Jon Brawn	70:16
30. John Schwerdel	70:54
31. Jon Wolkow	71:16
32. Dave Trussell	71:21
33. Paul Cote	71:47
34. Kerry Reynolds	72:18
35. Charles Hutchins	72:26
36. Munso Dodge	72:26
37. John Cullen	72:29
38. R. Leo Richardson	72:35
39. Jim Nesbitt	72:41
40. Ellen Gross	72:42*
41. Dave Vail	73:11
42. Gladys Dewick	73:12*
43. Bob Ingersoll	73:21
44. Bob Waddle	73:44
45. Pete Duffy	74:14
46. Jane Waddle	74:25*
47. Jon Reitman	75:38
48. Sally Ormsby	75:42*
49. Richard Chipman	76:12
50. Bob McIntyre	76:14
51. John Ouillette	76:42
52. Dan Fisher	77:29
53. Gerald Hoff	78:13
54. Brian Perkins	78:45
55. Dave Rose	79:15
56. Don Cheetham	79:34
57. Martin Desmaris	79:42
58. Steve Dewick	80:25
59. Rosalynn Randall	80:39*
60. Liz Bennett	81:57*
61. Mike Laberge	96:41
62. Bob Laberge	96:44
63. W. D. Sanford	99:10
64. Steve Douglas	99:11

Results courtesy of Bob Waddle  
Race Chairman

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#### KINGFIELD 10K

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Sep 25th

1. Bruce Bickford	30:12.8
2. Andy Palmer	30:14.8
3. Mike Gaige	30:43.8
4. Ken Flanders	31:07
5. Rob Day	31:22
6. Kevin Retelle	31:47
7. Henri Bouchard	31:57
8. James Newett	32:15
9. Kim Wettlaufer	32:22
10. Ralph Fletcher	32:28
11. Paul Plissey	32:35
12. Greg Parlin	32:36
13. Hank Chipman	32:42
14. Marlin Conrad	32:52
15. Bill Hine	32:54.5
16. Patrick Bickford	32:54.8
17. Dan Alexson	33:00
18. Dick Balentine	33:02
19. John Fitzgerald	33:12
20. Larry Deans	33:27
21. George Towle	33:36
22. Dan Barker	33:45
23. Gary Coyne	33:51
24. Marty Casey	33:53
25. Lawson Rogers?	33:58
26. Seamus Sullivan	34:04
27. Peter Lessard	34:05
28. Gary Allen	34:12
29. David Currie	34:28
30. Kevin McDonald	34:37
31. Peter Brigham	34:54.5
32. Larry Allen	34:54.9
33. Chris McMann	35:03
34. Roger Foster	35:06
35. Doug MacDonald	35:08
36. John Fisher	35:11
37. David Baird	35:14
38. Deke Talbot	35:16
39. Tim Rensema	35:27
40. Richard McPaul	35:30
41. Bob Coughlin	35:31
42. Dennis Croteau	35:38
43. Joel Croteau	35:40
44. Brian McCrea	35:45
45. Mike Cole	35:46



46.	Wendell Blood	35:49	140.	Robert Nicholson	40:36	234.	Patty Murray	43:58*
47.	Paul Kehoe	35:58	141.	Russell Chretien	40:37	235.	Paul Niehoff	44:00
48.	Don Reimer	35:59	142.	Mike Fay	40:37	236.	Gordan Sanford	44:02
49.	Eric McNett	36:09	143.	Martin Schiff	40:38	237.	Walter DeVault	44:06
50.	Richard Stuart	36:09	144.	Dave Blair	40:41	238.	Robert Mason	44:17
51.	Stephen James	36:11	145.	Vincent Bilello	40:42	239.	Rod MacNicholl	44:22
52.	Richard Cook	36:15	146.	Garry Bryan	40:43	240.	Lona Wright	44:28*
53.	Joel Hinshaw	36:19	147.	Bill LoPotro	40:44	241.	Alan Reilly	44:31
54.	Timothy Robinson	36:21	148.	Daniel Dwyer	40:44	242.	Tom LaPointe	44:32
55.	Dan McGarry	36:22	149.	John Matthew	40:45	243.	Win Robinson	44:36
56.	Cary Wright	36:24	150.	Andrew Files	40:49	244.	Bob Withrow	44:44
57.	Barry McLaughlin	36:26	151.	Alan Hardy	40:54	245.	Tom Noonan	44:49
58.	Mike Simoneau	36:28	152.	Chuck Adams	40:55	246.	Terry Henery	44:50
59.	Matthew Scott	36:42	153.	Matt Waddle	40:56	247.	Gerald Hoff	44:55
60.	Bion McFadden	36:44	154.	Kevin Kein	41:00	248.	David Greenleaf	45:03
61.	Mark Violette	36:48	155.	Ray Owen	41:07	249.	Daniel O'Connell	45:07
62.	James Kein	36:55	156.	Bob Provost	41:15	250.	Timothy Ames	45:10
63.	Mark Stillings	36:58	157.	Scott Dixon	41:17	251.	Robert Whitten	45:15
64.	Mike Ridley	36:58	158.	Jeff Gosselin	41:20	252.	Robert McDougall	45:28
65.	Allen Presby	36:59	159.	David Bushey	41:21	253.	John Morton	45:29
66.	Steve Porter	36:59	160.	Stephen Barber	41:24	254.	Elizabeth Meiklejohn	45:30*
67.	Frank Brume	37:06	161.	Kathy Kohtala	41:30*	255.	Raymond Bryant	45:31
68.	David Rose	37:12	162.	Robert Patterson	41:30	256.	Bruce Turcotte	45:32
69.	Steven Dubord	37:21	163.	Heather Norris	41:31*	257.	Suzanne Olson	45:32*
70.	Bob Clement	37:25	164.	Roberta Hickman	41:34*	258.	Richard Weirich	45:34
71.	Vaughn Holyoke	37:32	165.	Jesse Gill	41:35	259.	Barbara Coughlin	45:39*
72.	Burt Haggett	37:37	166.	Michael O'Connor	41:36	260.	Jon Ives	45:40
73.	Peter Matthews	37:44	167.	Kevin O'Connor	41:36	261.	Jack Paul	45:41
74.	Mark Simpson	37:46	168.	Peter Smith	41:37	262.	Allan Bond	45:43
75.	Sam Merrill	37:49	169.	David Hetherman	41:43	263.	Jane Waddle	45:45*
76.	Charles Towle	37:50	170.	David Alley	41:46	264.	J. Pilecki	45:46
77.	Kim Beaulieu	37:52*	171.	Stephen Metz	41:49	265.	Tom Fortier	45:50
78.	Dean Gillett	37:54	172.	Mark McAleer	41:51	266.	Dave Guban	45:53
79.	Dennis Carpentier	38:03	173.	Jim Stinchfield	41:52	267.	Ben Maxcy	45:53
80.	Bob Stuart	38:10	174.	Harvey Rohde	41:54	268.	James Lowery	45:54
81.	Mark Jose	38:10	175.	Delinda Smith	41:55*	269.	Rosario Ouellette	45:55*
82.	Bill Yates	38:12	176.	Paul Veilleux	41:57	270.	Bruce King	45:58
83.	Bob Booker	38:13	177.	Karl Knight	42:01	271.	Wayne Flewelling	46:01
84.	Doug Ludwig	38:15	178.	Don Gray	42:05	272.	Ken Casey	46:02
85.	Loren Ritchie	38:19	179.	John Cole	42:06	273.	James Meldrum	46:03
86.	Scott Gould	38:23	180.	Bernie Peatman	42:10	274.	Bruce Wheeler	46:13
87.	Richard Traiser	38:24	181.	Casey Morton	42:13	275.	Martha Thornton	46:14*
88.	Ed Rice	38:24	182.	Brenda LoPotro	42:14*	276.	Jay O'Rourke	46:19
89.	Albert Pulver	38:32	183.	Norman Jackson	42:17	277.	Donna Jean Pohlman	46:19*
90.	Marty Pfeiffer	38:34	184.	Joseph Caret	42:19	278.	Ron Paquette	46:26
91.	Geoff Rushlaw	38:36	185.	Philip Presby	42:23	279.	Betsy Berry	46:36*
92.	Jeff Brown	38:37	186.	Paul Dall	42:25	280.	Jack Dirksman	46:39
93.	Dennis Hayes	38:38	187.	Carol Roy	42:31*	281.	Thomas Kahl	46:41
94.	Ken Sylvester	38:40	188.	Sumner Weeks	42:35	282.	Leona Clapper	46:41*
95.	Wayne Clark	38:44	189.	Gil Roderick	42:36	283.	Charles Krula	46:43
96.	Stanley Bickford	38:45	190.	Clifford Olson	42:36	284.	Daniel Libby	46:47
97.	Pete Lyons	38:49	191.	Michael Samers	42:43	285.	Mark Weirich	46:50
98.	Brian Elwell	38:51	192.	Jay Reilly	42:44	286.	Wade Chipman	46:52
99.	Ben Venskus	38:53	193.	Mert Dearnley	42:45	287.	Pat Maxcy	46:56
100.	Loren Mailey	38:58	194.	Larry Hodges	42:47	288.	Robert Kivlin	47:11
101.	Kevin Burns	39:07	195.	James Moore, Jr.	42:47	289.	Darin Chism	47:14
102.	Dick MacDonald	39:08	196.	John Hodgkins	42:49	290.	John Tripp	47:19
103.	Steve Moriarty	39:16	197.	Mark Leonardi	42:51	291.	Nancy Stowell	47:20*
104.	Sterling LeBlanc	39:21	198.	H. Alan Mooney	42:54	292.	Charles Weymouth	47:20
105.	Frank Woodard	39:24	199.	T.O. Currier, Jr.	42:55	293.	Jim Bowse	47:27
106.	Geoffrey Hill	39:27	200.	David Ledew	42:55	294.	Roy Scribner	47:29
107.	Roy Armstrong	39:28	201.	Saun Lander	42:57	295.	Sarah Roy	47:30*
108.	Andy Abrams	39:29	202.	Richard Chipman	42:59	296.	Gene Roy	47:31
109.	Wesley Rothermel	39:30	203.	Natalie Bussell	43:02*	297.	Fen Fowler	47:37
110.	Chris Lyford	39:32	204.	Gary Krosmer	43:02	298.	Susan Roehrig	47:38*
111.	Rich Riker	39:39	205.	George Pakenham	43:03	299.	Norman Quirion	47:39
112.	Eric Ellis	39:45	206.	Chris Goodwin	43:10	300.	Lee Rhine	47:45
113.	Bill Leschey	39:48	207.	John Shaw	43:13	301.	John Franson	47:46
114.	Ray Cooper	39:50	208.	Richard Higgins	43:15	302.	Larry Casey	47:47
115.	Dave Comeau	39:50	209.	Craig Everett	43:22	303.	Sandra Haggett	47:50*
116.	Gary Chretien	39:52	210.	Paula Stone	43:25*	304.	Nancy Beward	47:53*
117.	Joanne Cole	39:53*	211.	Thomas Currier	43:26	305.	Nancy Graves	47:55*
118.	Rodney Kilkenny	39:57	212.	Cindy Walsh	43:26*	306.	Marian Leighton	47:56*
119.	James Floyd	39:57	213.	Earl Bergeron	43:27	307.	Deborah Hewson	48:00*
120.	Ray Peritz	39:58	214.	Rusty Taylor	43:27	308.	Ralph Tranten	48:02
121.	John Morton	40:02	215.	Peggy Clark	43:28*	309.	Ralph Baldwin	48:02
122.	Ron Burton	40:02	216.	Charles Glover	43:28	310.	Lynn Emerson	48:03*
123.	Lee Stover	40:03	217.	Blanchard Hupper	43:29	311.	Richard Sabol	48:07
124.	Doug Adams	40:03	218.	Martin Traiser	43:31	312.	Joan Allen	48:10*
125.	William Haskell	40:10	219.	Chris Dige	43:32	313.	Timothy St. Peter	48:12
126.	Michael Worden	40:10	220.	David Maxcy	43:33	314.	Fawn Paradis	48:14*
127.	Alan Sabaka	40:11	221.	Sarah LaGassey	43:34*	315.	William Tozier	48:15
128.	Jo Comeau	40:14*	222.	Cleon Cook	43:37	316.	Charles Clapper	48:18
129.	Sandy Fotter	40:14*	223.	John Rubino	43:40	317.	Ellie Rohde	48:22*
130.	Neil Cronkite	40:15	224.	Lon Winchester	43:43	318.	Lucien Lessard	48:29
131.	Debbie Sawyer	40:15*	225.	Wayne Gersen	43:46	319.	Tom Matthews	48:30
132.	Tom Prosser	40:17	226.	Ron Russell	43:46	320.	Jerri Bushey	48:31*
133.	Robert Cuthbertson	40:20	227.	Doug Dunlap	43:48	321.	Ellen Spring	48:33*
134.	Bruce Twombly	40:21	228.	Mary Ann Shick	43:51*	322.	Don Sanborn	48:34
135.	James Westhover	40:25	229.	Ben Milster	43:52	323.	Paul Johnston	48:34
136.	Bill Weale	40:27	230.	James George	43:54	324.	Thomas Bunker	48:35
137.	Ethan Alcoen	40:29	231.	Robert Weirich	43:55	325.	Bill Newerk	48:36
138.	Albert Fortin	40:34	232.	Linda LaRue	43:56*	326.	Aurele Ouellet	48:40
139.	Eric Hasenfus	40:35	233.	Robert Waddle	43:56	327.	John Hilton	48:41



328. Daniel Sullivan	48:45	422. Pat Marino	57:08*	62. Susan Weirich	7:24*
329. Liz Bennett	48:48*	423. Joan Meldrum	57:17*	63. Suzanne Perry	7:24*
330. Norj Ahrens	48:58*	424. Bill Stone	57:23	64. Sarah Davis	7:26*
331. Douglas Allen	49:01	425. Walter Taylor	58:14	65. Todd Shaw	7:26
332. Terry Towne	49:10	426. Paul Rushton	59:09	66. Clint Felker	7:27
333. Betsy Bowen	49:14*	427. Martha Webber	59:12*	67. Steve Hildreth	7:32
334. Joseph Poulin	49:16	428. Mary Dunlap	59:30*	68. Shawn Adams	7:35
335. R.T. English	49:20	429. Susan James	59:39*	69. Julia Hesser	7:37*
336. Jan Washburn	49:21*	430. JoAnn Kenny	59:40*	70. Raymond Poulin	7:37
337. Pam Chisholm	49:26*	431. Barry Kenny	59:45	71. Peter Comeau	7:38
338. Kevin Purcell	49:33	432. Fran Fowler	59:51*	72. Shelley Bishop	7:38*
339. Gary Fitzpatrick	49:34	433. JoAnn Driscoll	59:56*	73.	
340. Del Drouin	49:43	434. Alice Towle	1:00:28*	74. Jason Simpson	7:39
341. Kathy Greenleaf	49:48*	435. Carol French	1:00:36*	75. Nora Stowell	7:39*
342. John Hall	49:54	436. Judi Shepard	1:00:48*	76. Eric Adams	7:40
343. John Pulver	49:54	437. Debra Hart	1:00:48*	77. Alex Masciorelli	7:41
344. Ron LaFratta	50:10	438. Marlies Black	1:00:53*	78. Heath Sawyer	7:41
345. Andrea Warner	50:13*	439. Carole Baldwin	1:01:53*	79. Rebecca Oliver	7:43*
346. Terry Jackson	50:33*	440. Diana McDowell	1:02:15*	80. Lisa Withrow	7:44*
347. Will Jackson	50:41	441. Carol Rice	1:02:31*	81. Kristi Cole	7:45*
348. Joy Weale	50:42*	442. Michael Rice	1:02:32	82. Kristine Higgins	7:46*
349. Paul Thompson	50:46	443. Tobey Dirkman	1:02:56	83. Jennifer Higgins	7:46*
350. Leslie Morrill	50:51*	444. Joey Cuertara	1:03:07	84. Julie Ames	7:47*
351. Marty Horan	50:53	445. Eric Marin	1:03:21	85. Josh Lempert	7:49
352. Gail Schade	50:58*	446. Faxon Adams	1:03:34	86. Jenny McGarry	7:49*
353. Lee Estey	51:03	447. Bonnie Handy	1:03:36*	87. Kara Patterson	7:50*
354. David Robinson	51:03	448. Mary Fothergill	1:03:44*	88. Rosemary White	7:51*
355. John Olson	51:09	449. John Dulaca	1:03:51	89. Scott Blake	7:52
356. Joey Dudley	51:11	450. Sam Ouellet	1:04:46	90. Joanna Dall	7:54*
357. Steve Burton	51:13	451. Anthony Carello	1:05:07	91. Kirsten Brown	7:59*
358. Andrew Webber	51:16			92. Michelle Comeau	8:01*
359. Mariann Steinhack	51:19*	KINGFIELD KID'S K (1 Miler)			
360. David Vitale	51:20	1. Mark Stover	5:25	93.	
361. Kathleen Saufl	51:20*	2. David Baston	5:36	94. Gretchen Rice	8:04*
362. Bill Ridlon	51:26	3. John Nadeau	5:36	95. Jennifer Lempert	8:04*
363. James Ippolito	51:29	4. Tim Berry	5:42	96. Kelly Towle	8:05
364. Richard Schade	51:52	5. Jon Dickhaut	5:49	97. Chris Comeau	8:06
365. Shepard Golub	52:05	6. Paul Blair	5:51	98. Jamie Ippolito	8:07
366. Roger Lightbody	52:08	7. Mark Leonardi	5:52	99. Todd Bray	8:08
367. William Lahaye	52:11	8. James Moore III	6:10	100. Heather Bryan	8:08*
368. Susan McGarry	52:17*	9. Jeffrey Moore	6:11	101. Doreen Philbrick	8:14*
369. Patricia Lowry	52:23*	10. Lenora Felker	6:11*	102. Heather Diller	8:15*
370. Constance Venskus	52:25*	11. Brad Berry	6:12	103. Brian Patterson	8:19
371. Joe Corcoran	52:28	12. Jed Trough	6:15	104. Corey Hall	8:21
372. Kathy Dall	52:30*	13. Arthur Haines	6:15	105. Jody Lightbody	8:22*
373. Margaret Yates	52:31*	14. Scott Noble	6:17	106. Alesia Norling	8:29*
374. Janyce Boynton	52:47*	15. Chris LaPointe	6:19	107. Mary Meldrum	8:34*
375. Paulette Sylvester	52:50*	16. Micah MacDonald	6:20	108. Jeannie Pernice	8:36*
376. George Entwistle	52:52	17. Wendy Delan	6:21*	109. Rob Goodrich	8:37
377. Janet Carter	52:55*	18. Lisa Leonardi	6:23*	110. Jennifer Poulin	8:40*
378. Robert Newell	53:04	19. Stephen Niles	6:23	111. Mike Noble	8:41
379. Lori Newell	53:19*	20. Karl Froehlich	6:24	112. Leah Yates	8:42*
380. Roger Lightbody	53:19	21. Delaney French	6:26	113. Melanie Corson	8:42*
381. Mary Dwyer	53:24*	22. Seth Thornton	6:28	114. Brenda Brown	8:43*
382. Daniel Coughlin	53:26	23. Braden Alley	6:31	115. Kimberly Hutchins	8:43*
383. Vincent Bass	53:29	24. Lance White	6:32	116. Trisha Alley	8:45*
384. Avis Ingalls	53:33*	25. David Robinson	6:33	117. Kate McCurdy	8:47*
385. Kathy Christie	53:45*	26. Todd LeBlanc	6:34	118. Jenny Greenleaf	8:50*
386. Carol Estey	53:50*	27. Maggie Christie	6:37*	119. Jenny Sassi	8:50*
387. Renee Potosky	53:54	28. Luke Adams	6:37	120. Chad Wheeler	8:54
388. Edward Ellis	53:55	29. Don Corson	6:41	121. Jared Felker	8:56
389. Peter Webber	53:56	30. Jason Weale	6:44	122. Corina Stinchfield	8:57*
390. Larry Barron	53:56	31. John Norling	6:45	123. Jennifer Boyce	8:59*
391. Laurie White	53:57*	32. Jim Dill	6:46	124. Craig Marin	9:00
392. Jeanne Shay	53:58*	33. Sarah Berry	6:47*	125. Kimberly Comeau	9:05*
393. Fred Greenlaw	54:02	34. Roland Philbrick	6:49	126. Kristie Wood	9:07*
394. Marj Lalime	54:08*	35. Jeff Withrow	6:49	127. Danielle Vanadestine	9:08*
395. Susan Newark Sanborn	54:13*	36. Breken Diller	6:54	128. Monique Chan	9:08*
396. Chester Ingalls	54:15	37. Benjamin Michaud	6:55	129. Sarah Yates	9:08*
397. Deborah Ingalls	54:15*	38. Andrew Dirkman	6:57	130. Aaron Cuthbertson	9:09
398. Betty Constantina	45:21*	39. Casey Hall	6:58	131. Karen Towle	9:12*
399. Walter Christie	54:27	40. John Nicholson	6:59	132. Wendy Werner	9:13*
400. Norman Ingalls	54:27	41. Benjamin Berry	6:59	133. Timothy Baird	9:17
401. W.R. Dickhaut	54:28	42. Brian Schultz	7:00	134. Lori Cole	9:19*
402. Susan Tripp	54:30*	43. Shane Handehan	7:03	135. Kristy Werner	9:20*
403. Tom Wood	54:41	44. Ben Yates	7:04	136. Holly Lessard	9:21*
404. Rose Winter	54:44*	45. Kete Webber	7:05*	137. Tim Simineau	9:29
405. Jane Talbot	54:45*	46. Robert Cristie	7:06	138. Cecil French	9:33
406. Suzanne Fitzpatrick	54:51*	47. Ben Robinson	7:07	139. Ben Merrill	9:38
407. Lovene Johnston	54:52*	48. Brett Chase	7:07	140. Jeffrey Ippolito	9:38
408. Brenda Stinchfield	55:01*	49. David Morrison	7:08	141. Heidi Wood	9:39*
409. Jeanne Pernice	55:10*	50. Jamie McGarry	7:11	142. Daniel Berry	9:44
410. Donna Gilbert	55:18*	51. Benjamin Niles	7:11	143. Brooke Daley	9:46*
411. Lee Anne Doran	55:19*	52. Christopher McKee	7:13	144. Anthony Shay	9:49
412. Susan Wygal	55:27*	53. Tim Withrow	7:16	145. Rachel Roy	9:56*
413. Jane Lahaye	55:34*	54. Forest Carey	7:16	146. Amy Perry	9:59*
414. Maria Hennessey	55:37*	55. Charlyn Twitchell	7:19*	147. Rebecca Rice	10:02*
415. Marcel Poulin	55:45	56. Eric Cullenberg	7:21	148. Anna Yates	10:09*
416. Carey Clement	55:55	57. Michael Withers	7:21	149. Rob French	10:21
417. John Roderick	56:08	58. Timothy Bray	7:21	150. Matthew Hurd	10:23
418. Robin Seavey	56:10*	59. Douglas Simmons	7:22	151. Gabriel Rubino	10:29
419. Irene Purcell	56:31*	60. Todd Hutchinson	7:22	152. Micheale Davis	10:36*
420. Jolan Ippolito	56:39*	61. Allison Dall	7:23*	153. Rebecca Roy	10:42*
421. Dana Wallace	56:41			154. Janel Ippolito	10:43*
				155. Anissa Day	10:48*



156. Justin Perry	10:58
157. Kate Meldrum	10:59*
158. Heather Sawyer	11:03*
159. Oliva Weale	11:06*
160. Caleb Simpson	11:10
161. Donnie Chase	11:13
162. Matthew Masciorelli	11:14
163. Danielle Davis	11:18*
164. Chelsey Dunham	11:38*
165. Zeb Davis	11:52
166. Megan Presaby	11:56*
167. Lee Pilecki	12:03
168. Lee Haines	12:08
169. Darlene Crocket	12:09*
170. Sara Grover	12:22*
171. Erik Hart	12:25
172. C.K. Murphy	12:46
173. Deven Morrill	12:48
174. Hilda Howe	13:02*
175. Cindy Stinchfield	13:03*
176. Jeremy Cole	13:05
177. Josiah Crump	13:25
178. Devon Morrell	14:12

#### SUGARLOAF UPHILL CLIMB

1. Kevin Retelle	29:04
2. David Currier	30:35
3. Marty Casey	30:35
4. Ralph Fletcher, Jr.	31:07
5. Ron Newberry	31:23
6. Wendell Blood	31:56
7. Gene Roy	32:00
8. George Towle	32:13
9. Peter Brigham	32:31
10. Brian McCrea	32:42
11. Joel Hinshaw	32:45
12. Henri Bouchard	32:48
13. Mark Simoneau	32:50
14. Mark Simpson	33:23
15. Dick Balentine	33:58
16. Marty Pfeiffer	34:34
17. Michael Cook	34:48
18. Paul Vielleux	34:52
19. Eric McNett	35:08
20. Mark Violette	35:10
21. Dean Gillette	35:41
22. Keith Basley	35:44
23. David Hetherman	36:26
24. Gerry Bryan	36:39
25. Bill Leschey	36:46
26. Richard Traiser	36:57
27. Danny Wiley	37:05
28. Stephan Swan	37:13
29. Jack Lynch	37:41
30. Lawson Noyes	37:51
31. Rich Riken	38:06
32. Chuck Adams	38:07
33. Heath Norris	38:12
34. Ray Peritz	38:17
35. Rick Elder	38:20
36. Greg Kelly	38:27
37. Ron Paquette	38:31
38. Richard McPaul	38:40
39. Mark Leonardi	38:46
40. Jim Kein	38:54
41. Michael Fay	39:14
42. Delinda Smith	39:24*
43. Cindy Walsh	39:52*
44. Blanchard Hupper	40:24
45. Shawn Lander	40:35
46. Paul Dall	40:38
47. Roy Armstrong	40:46
48. Bill Weale	40:46
49. Kevin Burns	40:50
50. Mike Rice	41:04
51. Patty Jacobs	41:09*
52. Robert McDougall	41:36
53. Harvey Rohde	41:37
54. Jay Reilly	41:47
55. Lon Winchester	41:51
56. Martin Traiser	42:04
57. Mark Leonardi	42:13
58. Tom LaPointe	42:28
59. Harrie Price IV	42:33
60. Pete Lyons	42:43
61. Chris LaPointe	42:46
62. Lee Rhine	42:55
63. Jane Waddle	42:56*
64. John Mortin	43:57
65. Bruce Wheeler	43:12
66. Lynn Emerson	43:29*
67. Matt Waddle	43:46
68. Marcel Poulin	43:46
69. Lou Champagne	44:11

70. Win Robinson	44:13
71. James George	44:32
72. Jim Bowse	44:40
73. James Lowery	44:44
74. Andrew Webber	45:06
75. Peter Webber Jr.	45:48
76. Thomas Currier	45:49
77. Leslie Morrill	45:52*
78. Thomas Bunker	45:54
79. Forest Carey	46:46
80. Tom Morrill	46:46
81. J. Pilecki	46:49
82. Jay Wetzel	47:33
83. Jay O'Rourke	47:45
84. Nancy Carey	47:48*
85. Rick Kimball	48:41
86. Bob Currier	48:46
87. Trudy Sullivan	48:59*
88. Mary Horan	49:10*
89. Lori Spaulding	50:17*
90. David Robinson	50:34
91. Jon Dielchaut	50:55
92. Norj Ahrens	51:04*
93. Andrew Files	51:05
94. Ben Robinson	51:59
95. Patricia Lowery	52:00*
96. Tom Wood	52:50
97. Pam Chisolm	52:56*
98. Peggy Moore	52:56*
99. Todd Bray	53:22
100. Ellie Rohde	53:56*
101. Tim Bray	54:01
102. Kathy Miles	54:06*
103. Francine Currier	55:07*
104. Mike Withers	55:36
105. Allison Dall	56:09*
106. Martha Webber	57:46*
107. Roger Jabestone	1:01:15
108. Kelly Withers	1:17:55*
109. Les Bray	1:17:57
110. Jim Withers	1:17:58
111. Rebecca Beck	1:18:17*
112. Dan Ouellette	1:18:18
113. Janet Wagner	1:19:17*
114. JoAnn Bray	1:22:01*
115. Betty Withers	1:22:02*

Results courtesy of Chip Carey  
Race Director

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#### JAMES BAILEY X-COUNTRY 5 MILER Gorham Sep 26th

1. Bob Winn	25:57
2. Paul Hammond	26:43
3. Stu Hogan	26:46
4. Larry Greer	26:49
5. Rick Garcia	27:15
6. Danny Paul	27:22
7. Doug Ingersoll	27:33
8. Scott Brown	27:34
9. Greg DiBiase	27:38
10. Fergus Kenny	27:55
11. Jeff Crocker	28:35
12. Chris Holt	28:36
13. Mike Brust	28:38
14. Marty Moran	28:43
15. Mike Polland	28:45
16. Chuck Holt	28:47
17. Jerry Crommett	28:50
18. Jeff Buck	29:15
19. Dennis Smith	29:38
20. Arthur Johnson	29:41
21. Stewart Palmer	29:46
22. Erich Reed	29:48
23. Peter Connolly	30:03
24. Mike Gendron	30:04
25. Dan Williams	30:10
26. Al Reilly	30:13
27. Ralph Reed	30:16
28. Christopher Wilson	30:17
29. Ron Bartlett	30:18
30. Steven Olafson	30:21
31. Rob Licht	30:24
32. Keith Poulin	30:26
33. Mike Towle	30:34
34. John James	30:36
35. Scott Hugo	31:11
36. Kurt Olafson	31:17
37. John Long	31:34
38. Greg Dugas	31:37

40. Joel Titcomb	31:44
41. Scott Samuelson	31:45
42. Lawrence Frank	31:46
43. Paul Prescott	31:48
44. Joe Slowinski	31:49
45. Brad Goodale	31:50
46. Lee Allen	31:51
47. Merle Hartford	31:52
48. Dave Smith	32:07
49. Steven Gifford	32:16
50. Steve Caron	32:17
51. Steven Harriman	32:25
52. Kenneth Curtis	32:49
53. David Caldwell	33:07
54. Chris Cash	33:17
55. Frank Knight	33:22
56. Chris Everett	33:26
57. Karen McCann	33:30*
58. Norman Wood	33:33
59. John Strout	33:34
60. Michael Beaudoin	33:43
61. Phil Richardson	33:46
62. Glen Poland	33:49
63. Peter Morrill	33:51
64. Samuel Boothby	33:58
75. Rip Dyer	34:02
66. Lester Everett	34:03
67. Bill Scaplen	34:08
68. Mark Long	34:09
69. Dean Lamson	34:10
70. Bob Payne	34:11
71. Donald Wilson	34:13
72. Les Berry	34:14
73. Dennis Hayes	34:15
74. Richard Whistone	34:15
75. Matthew Sturgis	34:17
76. Bon Stuges	34:19
77. Bob Villanueva	34:21
78. Susannah Beck	34:22*
69. Steve Watts	34:25
80. Robert Ingerowski	34:26
81. Carlton Mendell	34:27
82. Debbie Sawyer	34:37*
83. Terrance Farrell	34:48
84. Bret Baber	35:00
85. Rachel Veilleux	35:02
86. Ted Wagner	35:38
87. Stanley Warren	35:39
88. Edward Gott	35:39
89. Rodger Twitchell	35:40
90. George Nason	35:41
91. Joe Isgro	35:45
92. Kevin Shute	36:00
93. Fred Beck	36:11
94. Ken Fickett	36:35
95. Robert Frazier	36:36
96. Gerald Wiles	36:51
97. James Chase	36:53
98. Andrew Haslam	36:54
99. Bruce Allen	36:59
100. Ben Kellman	36:59
101. Dan O'Grady	37:06
102. Peter Guitard	37:37
103. Ron Guevin	37:51
104. Lloyd Cook	37:53
105. George Nadeau	38:00
106. Thomas Gadbois	38:15
107. Bill Elgee	38:16
108. Marty Toderico	38:19
109. Kathleen Jenkins	38:22
110. Warren Wilson	38:28
111. John Rummel	38:31
112. Richard Fletcher, Jr.	38:36
113. Gregg Fritz	38:36
114. John Edwards	38:37
115. John Martin	38:40
116. Michael Hayden	38:45
117. Dale Farris	38:57
118. John Ouillette	38:58
119. Wayne Hamilton	39:05
120. Neal Johnson	39:08
121. Lenora Felker	39:09*
122. Kimberly Clay	39:12*
123. Mike Fitzpatrick	39:13
124. Dennis Morrill	39:43
125. Robert Cushman	39:46
126. Jeffrey Stevens	39:49
127. Peter Frederick	39:52
128. Joseph Bradley	40:07
129. Jill Decker	40:11
130. Lew Kershner	40:21
131. Robin Everett	40:27*
132. Carolyn Kidder	40:37*
133. Steve Douglas	40:41



135. Phil Jones	40:53
136. Edward Barry, Jr.	40:56
137. Betsey Way	41:00*
138. Sharon Stevens	41:06*
139. Richard Coburn	41:15
140. Walter Ashley	41:23
141. David Ray	41:44
142. Larry Pierce	42:13
143. Harri Terva	42:15
144. Deborah Hewson	42:33*
145. Steve Sanford	42:38
146. Mardianne Reed	42:46*
147. Lou Lambert	43:06
148. Lynne Zimmerman	43:22*
149. Joel Berenson	43:33
150. Yvette Knight	43:49*
151. Mike Davis	44:05
152. Bill Trefethen	44:09
153. Dick Cervizzi	44:17
154. Jol-Lynn Bell	44:25*
155. Chris Neagle	45:23
156. John Alden	46:01
157. Vincent Bass	46:06
158. Barbara Reidman	46:11*
159. Sherree Rizzardi	46:26*
160. Sarah Faunce	47:28*
161. Janice Ricker	47:35*
162. Cari Clay	47:45*
163. Marlene Reali	47:54*
164. J.P. Evans	48:01
165. Jim Gurney	49:01
166. Carl Mahoney	49:06
167. Richard Neuts	49:10
168. Maggie Guthrie	49:37*
169. Joyce Moore	50:15*
170. Rebecca McCarthy	50:27*
171. Karen Silverman	50:48*
172. Jeannie Ross	50:54*
173. Frank Long	51:03
174. Ruth Morrison	51:24*
175. Colleen Taylor	51:49*
176. Patricia Flanders	52:39*
177. Louise Parise	56:03*
178. Pete Howell	68:27

#### 1.5 Mile 12 and Under Run

1. Bobby Sprague	8:59
2. David Manthorne	9:08
3. Timothy Berry	9:29
4. Sharon Bay	9:43*
5. Randy Levere	9:50
6. Charles French	10:00
7. Katti Towle	10:11*
8. Jed Troubh	10:12
9. Jeff Grant	10:18
10. Daniel Boyce	10:21
11. Lori Towle	10:29*
12. Beth Gleeson	10:42*
13. Kevin Grant	10:47
14. Sarah Berry	10:49*
15. David Wakem	10:51
16. Toby Beal	10:55
17. Denise Harlow	10:59*
18. Jeff Johnson	11:02
19. Rachel Silke	11:05*
20. Daniel Lambert	11:08
21. Benjamin Berry	11:19
22. Pamela Dalton	11:34*
23. Kelly Frazier	11:53*
24. Jennifer Bay	11:57*
25. Deborah Kelley	12:01*
26. Nan Boucher	12:02*
27. Niki Stoddard	12:08*
28. Jennifer Reardon	12:41*
29. Jennifer Reall	13:08*
30. Laura Boyce	13:33*
31. Anthony Jones	13:44
32. Ronald Hutchins	13:48
33. Philippe Lambert	13:52
34. Samantha Slattery	14:08*
35. Kim Loveitt	14:10*
36. Brandon Lisa	15:23
37. Colleen Reardon	15:24*
38. Sarah Lisa	15:33*
39. Patricia Kelley	16:45*

Results courtesy of Dave Paul  
Race Director

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#### THIRD ANNUAL AUTUMN GOLD ROAD RACE Ellsworth 20K Oct 2nd

1. Mike Gaige	1:05:08
2. Henri Bouchard	1:05:48
3. Larry Deans	1:11:10
4. Dick Fournier	1:11:41
5. Herb Parsons	1:13:20
6. Mike Cole	1:14:14
7. Cliff Rogers	1:15:24
8. Thomas Doyle	1:16:24
9. David Cunio	1:16:28
10. Dan Cake	1:16:52
11. Phil Stuart	1:17:24
12. Deke Talbot	1:17:51
13. Lawrence Bridges	1:18:30
14. Arnold Amoroso	1:19:10
15. Hal Nelson	1:19:15
16. Steve Lagasse	1:20:30
17. Alan Howard	1:21:05
18. Norman Hawes	1:21:24
19. Kenneth Awalt	1:22:03
20. Bill Leschey	1:22:18
21. Robin Emery	1:22:28*
22. Bill Pinkham	1:23:10
23. Larry Rich	1:23:29
24. David Comeau	1:23:29
25. Alex Hammer	1:24:06
26. Carlton Mendell	1:24:18
27. Tony Beardsley	1:26:14
28. Fred Merriam	1:26:28
29. Richard Sayles	1:27:03
30. David Koch	1:27:50
31. Andrew Seeley	1:28:02
32. Martin Schiff	1:28:08
33. Gerry Bryan	1:28:40
34. Jo Comeau	1:28:46*
35. Joanie Rhoda	1:28:55*
36. Don Ardine	1:29:12
37. Ronald Russell	1:29:51
38. Gil Roderick	1:31:27
39. David Avery	1:31:56
40. Lori Michaud	1:31:59*
41. Terrence Cousins	1:33:38
42. Fred Schmidt	1:33:58
43. Michael Merritt	1:34:06
44. Richard Chipman	1:35:36
45. Rick Dorian	1:35:50
46. Mark Hardison	1:37:25
47. James Mroch	1:38:35
48. Lynn Emerson	1:39:59*
49. Aurele Ouellet	1:40:07
50. D. Merrill	1:42:00
51. Joan Leslie	1:47:24*
52. Carl Bowen	1:47:33
53. Ken Hodsdon	1:47:39
54. Marjorie Knouti	1:48:03*
55. Don Osborne	1:49:44
56. Braden Alley	1:54:09
57. David Alley	1:54:09
58. Janyce Boynton	1:55:28*
59. Liz Bennett	1:55:28*
60. Tom Wood	2:04:31
61. Ken Blaisdell	2:06:44
62. Sam Ouellet	2:18:29

Results courtesy of Jim Pendergast  
Race Director

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#### UMPI HOMECOMING ROAD RACE Presque Isle 5K Oct 2nd

1. Conrad Walton (M)	16:15
2. Rick Shelton	16:33
3. Glenn Bailey	17:16
4. Steve Porter	17:27
5. George Hubbard	17:34
6. Scott Hutchinson	17:37
7. Sam Hamilton (SM)	17:40
8. Chris McDonald	17:42
9. Loren Ritchie (M)	17:48
10. Lawrence Whipkey (M)	17:58
11. David Rand (M)	18:30
12. Mike Carey	18:34
13. Bruce Twombly	18:36
14. Scott McDonald	18:38
15. Katie Martin	18:40*
16. Ronald Clark, Jr.	18:48
17. Dan Harrigan	18:51
18. Dale Bailey	18:52
19. John Lisnik	19:00

20. John McCormack	19:03
21. Chris Griffiths	19:06
22. Jim Harrison	19:12
23. Chris Smith	19:15
24. Bob Duprey	19:17
25. Lawrence Rahall	19:21
26. David Griffiths	19:31
27. Tim Lynch	19:47
28. Carol McElwee (M)	19:50*
29. Robert Farley	19:57
30. Dan Norwood	19:58
31. Brett Seamans	20:00
32. Merle Bragg, Jr.	20:02
33. Pete Cuff	20:04
34. Jeff Cyr	20:18
35. Dan Mills	20:32
36. Ben Maxcy	20:38
37. Roger Richards	20:44
38. Skip Day	20:46
39. Nancy Jackson (M)	20:49*
40. Jason Edwards	20:51
41. Zachary Phillips	20:52
42. Pat Maxcy	20:53
43. Eric Buck	20:57
44. Robert York	20:59
45. Richard Deeves	21:05
46. Larry Mangus	21:06
47. Dennis Travis	21:12
48. Tim McCormack	21:56
49. Bonnie Nelson	22:16*
50. Mark Freeman	22:35
51. Joel Theriault	22:51
52. Bill Davidshofer	23:24
53. Regina Glover	23:24*
54. Brian Connally	23:55
55. K.A. Harris	23:56
56. James Kenny	24:55
57. Crys Nash	25:09
58. Dan McCormack	25:23
59. Sally McCormack	25:24*
60. Grant Travis	25:39
61. Erin Pierce	25:59
62. Eddie St. John	26:23
63. Mike Mangus	27:10
64. Chris Harrison	29:05
65. Ed Leighton	29:16
66. Steve Harrison	29:34
67. Janice Charette	29:49*
68. Edward Ouellet	30:04
69. Kendon Curtis	30:12
70. Kathy Travis	34:24*
71. Dr. Charles Serritella	37:44

Results courtesy of Larry Mangus  
Race Director

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#### USM INVITATIONAL X-COUNTRY MEET Gorham 5 Miles Oct 2nd

1. Hank Chipman	UMPI	26:48
2. John Keller	USM	27:06
3. Rick Garcia	St. J	27:21
4. Jeff Crocker	St. J	27:32
5. Stu Hogan	St. J	27:33
6. Marlin Conrad	UMPI	27:53
7. Todd D'Antonio	SS	28:16
8. Peter Dube	USM	28:18
9. Chuck Holt	St. J	28:20
10. Fergus Kenny	St. J	28:26
11. Jason Hamilton	USM	28:41
12. Arthur Johnson	St. J	29:17
13. Chris Holt	St. J	29:25
14. Keith Poulin	St. J	29:37
15. Matt Scott	UMPI	29:40

#### Teams:

St. Joseph's College (14-0)	31
Univ of Southern Maine	69
Salem State College	73
UMPI	80
Maine Maritime Academy	116

Results courtesy of Ziggy Gillespie  
St. Joe's Coach

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ST. JOSEPH HOSPITAL 5K FALL RUN  
Bangor Oct 9th

1.	Dick Balentine	16:01
2.	Tim Marquis	16:14
3.	Gary Coyne	16:22
4.	Len Price	16:37
5.	Brian McCrea	16:51
6.	Mickey Lackey	16:59
7.	Tim Robinson	16:07
8.	Ken Remsen	17:08
9.	Phil St. Pierre	17:17
10.	Ray Cormier	17:29
11.	Rob Melvin	17:50
12.	Alex Hammer	17:52
13.	Loren Ritchie	17:54
14.	David Rose	18:02
15.	Pat Boss	18:15
16.	Richard Everett	18:20
17.	Bryan Elwell	18:25
18.	Mike Bard	18:26
19.	Michael Faye	18:26
20.	Pat Kamm	18:29
21.	Larry Rich	18:37
22.	Andrew Files	18:42
23.	John Patin	18:43
24.	Brent Leighton	18:44
25.	Timothy Reid	18:46
26.	Bill Pinkham	18:48
27.	Paul Comeau	18:57
28.	Michael Thompson	18:58
29.	Lon Winchester	19:04
30.	Steve Marquis	19:05
31.	Gerri Krause	19:15
32.	Tom Duga	19:17
33.	Frank Bragg	19:20
34.	John Lekey	19:21
35.	Don Ardine	19:28
36.	Gary Smith	19:30
37.	Larry Sacyawa	19:34
38.	Don Ardine Sr	19:47
39.	Mike Bassi	20:00
40.	Paul Berg	20:06
41.	David Wilson	20:24
42.	Larry Ferguson	20:26
43.	William Comeau	20:28
44.	Jon Davis	20:35
45.	Robert Cimbollek	20:49
46.	Dick Miles	20:59
47.	John Perry	21:08
48.	Joel Stevens	21:08
49.	Gerry Reynolds	21:09
50.	James Barr	21:18
51.	Marie Johnson	21:21*
52.	Jon Norwood	21:26
53.	Bruce Nye	21:27
54.	James Cote	21:27
55.	David Thibodeau	21:38
56.	Jane Bragg	21:41*
57.	Jon Dickhaut	21:44
58.	Jack Cushman	21:49
59.	Ken Hodson	21:55
60.	John Hall	22:09
61.	Vin Skinner	22:10
62.	Bill Lawlor	22:29
63.	Jerry Patry	22:41
64.	Jerry Herlihy	23:01
65.	Janet Carter	23:30*
66.	Chuck Shepley	23:35
67.	Gary Hughes	23:51
68.	Allison Whetmore	23:56*
69.	Maynard Walton	23:57
70.	William Lawrence	24:04
71.	Brian Howe	24:07
72.	Lori Small	24:07
73.	Ron Cousins	24:09
74.	Fred Greenlaw	24:18
75.	Nancy Price	24:26*
76.	Steve Cahl	24:32
77.	Anne Hanson	24:33*
78.	Edward Thompson	24:40
79.	Rich Hey	24:46
80.	Bill Williamson	24:50
81.	Rene Collins	24:58*
82.	Jerry Bates	25:07
83.	Richard Page	25:19
84.	Charleen Wiseman	25:25*
85.	Heather Ferguson	25:30*
86.	Frank Jewell	25:34
87.	Tom Wood	25:54
88.	Dawn Thomas	26:37*
89.	Mike Gaige	26:37
90.	Peter Curran	26:54

92.	Brenda Hansen	26:59*
93.	Bob Collins	27:02
94.	Earlene Leonard	27:16*
95.	Ronnie Delano-Ellis	27:42
96.	Galen Norwood	27:58
97.	Maureen Guerin	28:29*
98.	Roree Carter	28:45
99.	Diane Frazer	28:52*
100.	Helen Thompson	28:52*
101.	Ellen Reasitad	29:04*
102.	Aaron Merriam	29:49
103.	Lisa Thurlow	29:50*
104.	Carol Hutchins	30:39*
105.	Joan Merriam	30:40*
106.	Charleen Perkins	30:41*
107.	Katherine True	30:46*
108.	Sheila Kubetz	30:55*
109.	Kabeb Patterson	31:23
110.	Davy Krause	53:59

Results courtesy of St. Joseph Hosp

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HARBOR HOUSE 5.5 MILE FALL FOLIAGE  
Southwest Harbor Oct 10th

1.	Steve Frederick	29:55
2.	Bruce Bridgeman	31:37
3.	Mike Worcester	32:03
4.	Cliff Rogers	32:19
5.	Matt Dunlap	32:30
6.	Arnold Amoroso	33:01
7.	Mike Westphal	33:23
8.	Tim Drury	33:33
9.	Robin Emery	33:34*
10.	Jeff Thurlow	34:03
11.	William Curran	34:07
12.	John Fox	35:06
13.	Rich Pactile	35:06
14.	Gerry Bryan	35:36
15.	Jim Harrison	35:43
16.	Ron Paquette	35:51
17.	Bruce Kelley	35:56
18.	Louis Downs	36:17
19.	Clark Brewer	36:23
20.	Ron Hunter	36:28
21.	Mike Merrett	37:03
22.	Mike Reisman	37:10
23.	Garrett Long	37:21
24.	Guy Dunbar	37:37
25.	Thomas Kirby	37:39
26.	Linda Keefe	37:43*
27.	Sharyn Kingma	37:55*
28.	David Cook	38:29
29.	Richard Davis	38:43
30.	Carl Bowen	38:49
31.	Fletcher Bishop	38:53
32.	Charles Bishop	38:53
33.	Jimmy Davis	39:23
34.	Patti Noll	39:26*
35.	John Bowen	39:48
36.	Mark Hardison	40:46
37.	Mary Beth Maneen	40:24*
38.	Richard Downs	40:46
39.	Ellen Hunter	41:32*
40.	Richard Keefe	41:39
41.	Donna Jean Pohlman	41:53
42.	Steve Coffin	42:18
43.	Richard Fisher	43:32
44.	Mel Trenkle	43:33
45.	Kathleen Harris	43:41*
46.	Janet Moore	44:05*
47.	Paula Dunbar	44:26*
48.	Rebecca Bryer	46:58*
49.	Becky Brown	46:58*
50.	Susy Chaplin	46:58*
51.	Bruce Poliquin	46:59
52.	Vernon Elmore	48:31
53.	Jane Carpentier	50:26*
54.	Rhonda Paltauf	50:27*
55.	Dot Wood	51:33*
56.	Marjorie Knuuti	51:34*
57.	Steve Harrison	52:28
58.	Chris Harrison	52:29
59.	Bethany Kvam	52:40*
60.	Lynn Alley	52:47*
61.	Henry Williams	52:48

Results courtesy of Marty Lyons  
Race Director

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PEN BAY - SAMOSET CLASSIC  
Rockport 3.1 & 5 Mile Oct 10

5 Miler

1.	Mike Gaige	24:27
2.	Paul Hammond	24:33
3.	Steve Podgajny	24:56
4.	Phil Page	26:49
5.	Herb Parsons (M)	27:24
6.	Anthony Lombardo	28:15
7.	Erik Anderson	28:27
8.	Dan Cake	28:59
9.	Tom Luttrell	29:11
10.	Rit Roberts	29:27
11.	Kim Beaulieu	29:39*
12.	Barry Peabody	29:48
13.	Charles Towle, Jr.	30:02
14.	Harry Schmitke	30:23
15.	Robert Cuthbertson	30:35
16.	Peter Bastow	30:44
17.	Steve Peterson	31:12
18.	Stephen Roberts	31:25
19.	Fred Merriam	31:33
20.	Andrew Files	31:35
21.	Jane Parsons	31:36*
22.	Barney Hallowell	31:41
23.	Vern Demmons	32:17
24.	Jeannie Lewis	32:26*
25.	Charles Knight	32:49
26.	Joe Keller	32:53
27.	Forest Sprague	32:58
28.	Kevin Shute	33:02
29.	Conrad Skov	33:09
30.	Robert Rosenberg	33:19
31.	Craig Ervin	33:33
32.	John Pfeleiderer	33:45
33.	Diane Lounder-Wood	33:48*
34.	Christie Baldwin	33:55*
35.	Gordon Guist	34:18
36.	Gerald D. Hoff	34:42
37.	Jason Elliot	34:48
38.	Leonard Goeke	34:49
39.	John Tripp	35:51
40.	Dave Gagan	35:56
41.	Trent Shute	36:00
42.	Kerynap Joyce	36:03
43.	Jackie Keller	36:04*
44.	Ralph Baldwin	36:23
45.	Leona Clapper	36:33*
46.	Anthony Seidner	36:34
47.	Carol McRea	36:43*
48.	Jack Dirkman	36:51
49.	Nancy Graves	36:54*
50.	Jerri Bushey	37:02*
51.	Charles Clapper	37:23
52.	Terry Sprague	37:51*
53.	Joan Merriam	38:29*
54.	Peter Adams	39:33
55.	Barbara Kennedy	39:52*
56.	Robin Guist	39:55*
57.	Dick Cleveland	40:25
58.	Matt Cleveland	40:29
59.	Lynda Nelson	40:32*
60.	Marie Guanci	40:43*
61.	Don McRae	41:00
62.	Sean Boggs	41:05
63.	Mary Stuart Tyler	41:09*
64.	Nikolai Kirkham	41:59*
65.	Joshua Boyden	41:59
66.	Everett Edington	42:06
67.	Theodore DeNardo	42:12
68.	Betty Constantine	42:22*
69.	Joan Donato	44:21*
70.	Kathy Friedrich	44:57*
71.	Tobey Dirman	48:34*

3.1 Miler

1.	Stacy Bryant	16:45
2.	Dan Cake	17:12
3.	Mark Smith	18:09
4.	Brian Horne	19:04
5.	Iker Zubizarreta	19:16
6.	Paula Stone	19:24*
7.	Carl Chipman	19:45
8.	Mike McDonough	19:50
9.	Perry Barnard, Jr.	20:36
10.	Fay Brown	20:48*
11.	Darren Brown	21:00
12.	Sheldon Adams	21:00
13.	Tony Seidner	21:05
14.	Chris Knight	21:18



15. Patty Carton	21:59*
16. Mike Gendron	22:00
17. Ellen Spring	22:10*
18. Richard Butler	22:40
19. Dan Richardson	22:47
20. Nathan Street	22:57
21. Blaine Horne	23:00
22. Linwood Young II	23:04
23. Scott Harding	23:11
24. Deborah Horne	23:22*
25. Betsy Berry	23:30*
26. Pam Cuthbertson	24:07*
27. Larry Rytty	24:42
28. Aaron Merrian	24:56
29. Gary Schulz	25:02
30. Tammy Cooper	25:07*
31. Karyn Chase	25:10*
32. Tam Childs	25:10*
33. Karen Welch	25:18*
34. Kathy Hillgrove	25:28*
35. Tom Bridges	25:34
36. Linda Taylor	25:46*
37. Ellen McDonough	26:12*
38. Lorrie Higgins	26:29*
39. Perry Barnard	26:44
40. Melissa Poltz	27:35*
41. Karen Brown	27:35*
42. Karyn McIntosh	28:34*
43. Kevin Boggs	28:38
44. Ellen Batty	29:43*
45. Kim Childs	29:43*
46. Marci Laite	30:01*
47. Joette Adams	33:57*
48. Jennifer Brickel	36:11*
49. Jim Brickel	36:13
50. Frances Sacardote	38:24*

Results courtesy of Sterling LeBlanc  
Race Director

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2ND ANNUAL POLICE PURSUIT ROADRACE  
Waterville 4.2 miles Oct11th

1. Jon Bemis	21:47
2. David Loranger	22:09
3. Ray Cormier	22:55
4. Lynn Presby NH	23:46
5. Richard Morrison	24:12
6. William Pinkham	24:24
7. Timothy Reid	24:37
8. Richard Maguire MA	24:44
9. David Freeman	24:51
10. Paul LeBlanc	25:00
11. Robert Flint	25:01
12. Joe Negali	25:18
13. Edward Thorne	26:04
14. Joe Lynch	26:05
15. Daniel Kelly	26:39
16. Harland Leavitt	27:10
17. Frank Holcomb MA	27:23
18. Terry Cousins	27:25
19. Thomas Arnold	27:28
20. Lloyd Gaudette	27:29
21. Frank Poirier	27:34
22. Lowell Smith	27:35
23. Paul Guerin	27:47
24. Alfred Ockenfels	28:14
25. Harold Savage	28:20
26. Paul Irgang	28:22
27. Kevin Curran	28:33
28. Philip Roberts	28:46
29. Paul Paradis	28:53
30. Todd Savage	29:08
31. Tom Baran	29:44
32. Steven Giorgetti	29:47
33. Michel Rioux	30:17
34. Darrell Tripp	30:26
35. Louis McAuliffe	31:00
36. Keith Richardson	31:10
37. Carrol Farmer	31:17
38. Gerald Mahoney	31:18
39. John Jacques	31:21
40. Allison Wetmore	31:22
41. William Lawrence	31:31
42. Christopher Stevens	32:22
43. David Giampetruzzi	32:37
44. Anthony Brown	33:07
45. Tom Fahey	33:08
46. Daniel Melvin	33:10
47. Bruce Moody	33:42
48. Robert Orr	34:13

49. Karen Laurentz	34:45*
50. Patricia Flanders	34:46*
51. Susan Savage	34:53*
52. James Banks	34:58
53. Linda Dwellley	35:06*
54. Timothy Turner	35:12
55. John Virginio	35:55
56. Larry Oliver	35:58
57. Maureen Guerin	36:40*
58. Marcella Morin	37:19*
59. Martin Murphy	37:45
60. Joe Shephard	37:57
61. Joe Parent	38:46
62. Joanne Giorgetti	39:11
63. Mark Guilfoyle	46:27

Results courtesy of Paul Guerin  
Bangor PD

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4TH ANNUAL RICHMOND RANGLE 10K  
Richmond Oct 2nd

1. Paul Hammond	33:48
2. Rock Green	34:43
3. Dale Dorr	35:01
4. Rick Lane	35:04
5. Greg Nelson	35:57
6. Mike Daly	36:14
7. Ralph Thomas	36:59
8. John Moncure	37:30
9. Gary Cochrane	38:19
10. Arthur Shea	39:30
11. Bill Gayton	40:07
12. George Maxia	40:56
13. Bill Higbee	43:11
14. Roger Putnam	43:31
15. Mike Vall	43:42
16. Gladys Dettick	43:50*
17. Brian Perkins	43:59
18. Jon Reitzman	44:50
19. Wayne Hamilton	44:57
20. Linda McMet	46:09*
21. Dave Gugen	46:12
22. Steve Douglas	48:04
23. W. Sanford	48:04
24. Kiler Baum	48:51*
25. Donna Roberts	50:04*
26. Steve Dettick	50:02
27. Gordon Stain	56:48

Results courtesy of Linda McMet  
Race Director

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PISCATAQUIS DISTRICT YACHT FALL CLASSIC  
Dover-Foxcroft SK Oct 3rd

1. Terry Priest	16:16
2. Chris O'Neil	16:37
3. Mark Chasse	16:42
4. Lee Stover	16:46
5. Matt Turak	16:52
6. Bob Clement	16:56
7. Lawrence Wyman	17:19
8. Mike Doore	17:50
9. David Clement	18:06
10. Paul Pray	18:10
11. Bill Haskell	18:25
12. Bill Wardell	18:31
13. Bob Pride	18:57
14. Tom Coy	18:58
15. Rodney White	18:59
16. Mark Stover	19:00
17. Danny McFarlin	19:44
18. David Hagar	19:52
19. Fabian Harrison	20:00
20. Stuart Perkins	20:01
21. James Herring	20:17
22. John Floyd	20:41
23. Jeffery Reynolds	20:47
24. Kevin Goeter	21:36
25. Judy Doore	22:05*
26. Mary McGann	22:06*
27. Barry Esler	22:30
28. Billy Forbes	22:41
29. Justin Weinrich	22:43
30. Scott Clement	23:20
31. Bill Forbes	23:27
32. Scott Coy	23:47

33. Carey Clement	23:54
34. Stanley Pride	24:00
35. Bernard Turner	24:02
36. Kristian Clement	24:22
37. Dale McGann	24:37
38. Sunshine Weinrich	24:40*
39. Emily Davis	24:47*
40. Trina Kennedy	24:50*
41. Rae Davis	24:53*
42. Tom Wood	25:02
43. Cindy Emerson	25:09*
44. Gregory Smith	27:03
45. Louise Clement	27:56*
46. John Guyotte	28:16
47. Gwen Clement	29:10*
48. Katherine Wornham	29:39*
49. Betty Ellen Kiah	30:30*
50. Sarah Forbes	31:10*
51. Andy Kiah	31:11
52. Jill Kiah	32:47*
53. Dennis Kiah	32:48
54. Heidi Chambers	34:33*
55. Katherine Forbes	36:04*

Results courtesy of Piscataquis Y

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1982 CAMCO BAY MARATHON  
Portland Oct 17th

1. Bob Winn	2:23:43.3
2. Edwin Burlew	2:28:27
3. Brian Kuprewicz	2:30:21
4. Gregory Dibiase	2:31:15
5. Steve Lavorgna	2:31:22
6. Elisha Pierce	2:32:17
7. Ken Botting	2:32:30
8. Danny Paul	2:32:45
9. Greg Farlin	2:33:36
10. Gene Coffin	2:34:29
11. Joe Dinan	2:34:29
12. Lawson Noyes	2:35:10
13. Daniel Desoff	2:35:57
14. Doug Ingarsoll	2:36:31
15. Wern Pobatschnig	2:38:08
16. Rock Green	2:38:29
17. Steve Mulhern	2:38:56
18. Steven Weiner	2:38:58
19. Kevin McDonald	2:39:11
20. Leo Chandler	2:40:20
21. Bill McColly	2:40:47
22. John Ottaviani	2:41:07
23. Richard Lane	2:43:14
24. Dale Dorr	2:43:19
25. Gene Case	2:43:38
26. John Cade	2:43:45
27. Jon Williams	2:44:07
28. Grant Avery	2:44:14
29. Mike Daly	2:44:35
30. Peter Hagerman	2:44:39
31. Dick McPaul	2:44:41
32. Ken Nowace	2:44:47
33. Jeff Keaton	2:45:09
34. Bob Maguire	2:45:11
35. Paul Libby	2:46:14
36. Robert Frail	2:46:21
37. Philip Coffin	2:46:27
38. Mark Cowell	2:46:33
39. Herman Pelletier	2:46:45
40. Larry Butler	2:46:47
41. Robert Mitchell	2:46:47
42. Jim Downey	2:46:58
43. Fran Connolly	2:47:05
44. Darryl Sargent	2:47:25
45. Bill Hine	2:47:30
46. Barry McLaughlin	2:48:24
47. Brad Hammond	2:48:37
48. Jay Dufour	2:48:39
49. William Mushkin	2:48:53
50. Joseph Hayes	2:48:56
51. Brian McCrea	2:49:01
52. Will MacDonald	2:49:04
53. Ken Houle	2:49:11
54. Chris Miller	2:49:13
55. Ben Grober	2:49:18
56. William Haney	2:49:21
57. Mike McKenna	2:49:39
58. Konrad Marchai	2:49:58
59. Roger Comee	2:50:44
60. Michael Mendonca	2:50:53
61. Rob Coughlin, Jr.	2:51:10
62. Gary Rancourt	2:51:11



63.	Gerald Coffy	2:51:16	157.	Rich L'Heureux	3:05:50	251.	John Applin	3:17:07
64.	Bill Grenien	2:51:16	158.	Anthony Deluca	3:05:51	252.	Edward Miller	3:17:22
65.	Thomas Doyle	2:51:35	159.	Dorsey Kleitz	3:05:58*	253.	Paul Breines	3:17:27
66.	Michael Simoneau	2:51:55	160.	Thomas Wells	3:06:21	254.	Betsy Berry	3:17:41*
67.	Robert Thomas	2:51:58	161.	Jeff Price	3:06:32	255.	Shirley Packard	3:17:55*
68.	Russell Connors	2:52:24	162.	Rafael Rios	3:06:47	256.	Charles Drew	3:17:59
69.	Samuel Hamilton	2:52:36	163.	James Quinn	3:06:49	257.	Joshua Bradford	3:18:06
70.	Joel Croteau	2:52:39	164.	Frank Woodard	3:07:10	258.	Nelson Parise	3:18:16
71.	Paul Merrill	2:52:44	165.	Ken Curtis	3:07:22	259.	Cathy Heffernan	3:18:22*
72.	Scott Brown	2:52:50	166.	Sam Boothby	3:07:23	260.	Lynn Hughes	3:18:32*
73.	Bob Hunt	2:52:50	167.	Nathan Lake, Jr.	3:07:26	261.	Mike Doore	3:18:37
74.	Gary Wright	2:52:58	168.	Newton Towle III	3:07:45	262.	Paul Cote	3:18:45
75.	John Cary	2:52:59	169.	Fran Richards	3:07:48	263.	Mike Reali	3:18:46
76.	Kim Beaulieu	2:52:59*	170.	Tim Sagar	3:07:48	264.	Andrew Buni	3:18:47
77.	Rich Kamieniski	2:53:01	171.	Phil Lussier	3:07:49	265.	Jim Swan	3:18:58
78.	Robert Jarrett	2:53:04	172.	Richard Celler	3:07:50	266.	Robert Connolly	3:18:59
79.	Dian Worden	2:53:19	173.	Bruce Maxwell	3:07:50	267.	Roger Putnam	3:19:25
80.	Lenauiter	2:53:24	174.	Robert Quentin	3:08:03	268.	Michael Bennett	3:19:34
81.	David Delois	2:53:37	175.	Ed Turgeon	3:08:15	269.	Beth Allen	3:19:36*
82.	Barry Howgate	2:53:48	176.	Stephen Spiridonides	3:08:28	270.	Peter Pignatiglio	3:19:37
83.	John Fischer	2:54:15	177.	Joseph Tacka	3:08:43	271.	Alan Rogers	3:19:42
84.	Gary Allen	2:55:03	178.	Harry Schmitke	3:08:49	272.	Donald Petrin	3:19:42
85.	Donald Harden	2:55:28	179.	Doug Moody	3:08:53	273.	John Reali	3:19:54
86.	George Prescott	2:55:46	180.	Larry Barker	3:08:54	274.	Ray Fournier	3:20:05
87.	William Hall	2:55:46	181.	Robert Patterson	3:08:57	275.	Charles Francis	3:20:30
88.	Kent MacDonald	2:55:50	182.	Harold Nelson	3:09:02	276.	Brian Perkins	3:20:22
89.	Charles Blossom	2:55:51	183.	Steve Watts	3:09:05	277.	Ed Atlee	3:20:29
90.	name unavailable	2:55:52	184.	Tom Rooney	3:09:17	278.	Charles Frost	3:20:52
91.	Frederic Mott	2:56:04	185.	Roland Alley	3:09:24	279.	Thomas Downing	3:20:56
92.	George Bienkowski	2:56:11	186.	Michall Cameron	3:09:32	280.	John Belviso	3:21:06
93.	Leonard Bicknell	2:56:16	187.	Rodger Smith	3:09:36	281.	Stephen Swan	3:21:26
94.	Chris Desjardins	2:56:37	188.	Brian Milliken	3:09:37	282.	Marty Brounstein	3:21:31
95.	Rick Lichi	2:56:52	189.	Donald Turgeon	3:09:42	283.	John Edwards	3:21:38
96.	Steve Olafson	2:57:19	190.	Chuck Schultz	3:09:47	284.	Deborah Sawyer	3:21:38*
97.	Charles Spear Jr	2:57:36	191.	Charles Conley	3:09:50	285.	David Bright	3:21:45
98.	Fred Putnam II	2:57:57	192.	Peter Espunnette	3:09:58	286.	Austin Farrar	3:21:49
99.	Shamus Daly	2:58:04	193.	Bruce St. Ours	3:10:02	287.	Robert Musil	3:21:54
100.	Ross Jenkins	2:58:09	194.	Peter Lyons	3:10:06	288.	Thomas Carll	3:21:56
101.	Oskar Flichtinger	2:58:18	195.	Michaeland Frost	3:10:07	289.	Fred Beck	3:22:08
102.	John Titus Jr	2:58:18	196.	Doug Moreshead	3:10:09	290.	Jim Paterson	3:22:22
103.	Diane Fournier	2:58:19*	197.	Paul Christopher	3:10:41	291.	Roger Gobeil	3:22:30
104.	Richard Harper	2:58:19	198.	Harold Hill	3:10:44	292.	Randy Talbot	3:22:40
105.	Peter Flaherty	2:58:31	199.	Clement Charbonneau	3:11:13	293.	Nicholas San Martino	3:22:47
106.	James Toulouse	2:58:36	200.	Tom Allen	3:11:18	294.	John Conley, Jr.	3:22:50
107.	Franklin Brume	2:58:42	201.	Richard Hockman	3:11:27	295.	Michael Muccino	3:22:51
108.	Jesse Kats	2:58:58	202.	Edward Lehman	3:11:41	296.	David Body	3:23:05
109.	Stephen Schuller	2:59:12	203.	John Cyr	3:11:42	297.	Cleyon Rameau	3:23:17
110.	George Stozar	2:59:13	204.	Mark Fontaine	3:11:51	298.	Ed Malone	3:23:18
111.	Gregory Dugas	2:59:19	205.	Patrick Coleman	3:12:06	299.	Welson Lande	3:23:30
112.	David Smith	2:59:25	206.	John Dudley	3:12:08	300.	Chip Gerning	3:23:33
113.	Mark Jose	2:59:37	207.	Bill Pinkham	3:12:12	301.	William Fox	3:23:33
114.	James Sucec	2:59:54	208.	Joe Truworthly	3:12:13	302.	Kerry Reynolds	3:23:40
115.	Ben Fudge	3:00:05	209.	Garry Beagan	3:12:14	303.	Marc Bourassa	3:23:42
116.	Jerry Thibeault	3:00:32	210.	Scott Strout	3:12:16	304.	Stewart Babbott	3:23:54
117.	Peter Khni	3:00:59	211.	Geoffrey Gordon	3:12:20	305.	Martin Schiff	3:23:58
118.	Stephen Norton	3:01:08	212.	Clifford Letty	3:12:29	306.	David Trussell	3:24:03
119.	Tim Drury	3:01:25	213.	David Bushey	3:12:30	307.	Wellington Toppan	3:24:03
120.	Larry Walden	3:01:32	214.	Dick Armstrong	3:12:42	308.	Frank Farland	3:24:12
121.	Stephan Conroy	3:01:47	215.	Robert Eaton	3:13:15	309.	Lynne Barlow	3:24:13*
122.	Robert Payne	3:01:48	216.	Lee Micaly	3:13:18	310.	Ray Mandeville	3:24:28
123.	Stephan Hauke	3:01:49	217.	Alan Leathers	3:13:20	311.	Mike Lacombe	3:24:32
124.	Bob Cavannah	3:02:05	218.	George Maxim	3:13:23	312.	Mike Aldrich	3:24:33
125.	Thomas Prosser	3:02:08	219.	Stephen Caron	3:13:23	313.	Mark Totten	3:24:35
126.	Ed Morin	3:02:12	220.	Ken Cole III	3:13:39	314.	Richard Dudley	3:24:38
127.	Clifford Olson	3:02:15	221.	Gary Weber	3:13:39	315.	Vernard Lewis	3:24:53
128.	Guy Berthiaume	3:02:24	222.	Peter Van Gagnon	3:13:44	316.	Jack Hastings	3:24:56
129.	Guy Laflamme	3:02:38	223.	George Bates	3:13:49	317.	Ron Ostrowski	3:25:01
130.	Arthur Schnell	3:02:53	224.	Normand Rodrigue	3:13:49	318.	James Hogarty	3:25:01
131.	Francis Corsard	3:03:00	225.	Sam Collins	3:13:49	319.	William Haskell, Jr.	3:25:31
132.	Frank Kennedy	3:03:04	226.	Henry Wolstat	3:13:50	320.	Gary Barrett	3:25:34
133.	Robert Joliceur	3:03:12	227.	Bill Seekins	3:13:52	321.	Gil Roderick	3:25:36
134.	Paul Haas III	3:03:22	228.	Tom Rumpf	3:13:58	322.	Doug Covell	3:25:40
135.	Garrett Tilton	3:03:35	229.	John Wadach	3:14:25	323.	Kevin Kenney	3:25:51
136.	Ken Sylvester	3:03:56	230.	Mike Bertrand	3:14:29	324.	Tim Crowley	3:25:54
137.	Steven Ross	3:03:58	231.	Frank Knight	3:14:30	325.	Larry Taylor	3:26:07
138.	Paul Jackson	3:04:00	232.	Ralph Fowler	3:14:46	326.	James Collins	3:26:19
139.	Anne-Marie Davee	3:04:07*	233.	Jeff Kelly	3:14:48	327.	Robert Rosenberg	3:26:38
140.	Pete Gallie	3:04:08	234.	Jo Comeau	3:14:50*	328.	Ralph Estes	3:26:39
141.	Thomas Warkins	3:04:24	235.	Karl Meltzer, Sr.	3:14:50	329.	Martin Roper	3:26:39
142.	Loren Ritchie	3:04:29	236.	Curtiss Shigo	3:14:50	330.	Richard Maiman	3:26:46
143.	Gregory Bridgman	3:04:39	237.	Mark Hampton	3:14:54	331.	Dennis Carpentier	3:26:48
144.	Joseph Defeo	3:04:46	238.	Paul Berube	3:14:56	332.	George Carpenter	3:26:49
145.	Carl Cuchetti	3:04:53	239.	Harold Stevens	3:15:02	333.	Mike Worden	3:26:53
146.	Peter Orthmann	3:04:55	240.	Wesley Douglass	3:15:16	334.	Fred Madden	3:26:56
147.	David Laude	3:05:04	241.	Madeline Butcher	3:15:21*	335.	Jeannette LaPlante	3:27:10
148.	Brad Goodale	3:05:09	242.	Kenneth Moulton	3:15:37	336.	Tim Cunningham	3:27:13
149.	Joseph Casey	3:05:15	243.	Maurice Bastarache	3:15:47	337.	Roger Zimmerman	3:27:21
150.	Martin Cardoza	3:05:18	244.	Albert Socci	3:15:52	338.	Arthur Chapman III	3:27:28
151.	John Leeming	3:05:19	245.	David Jamguchian	3:15:54	339.	Kenneth Austin	3:27:41
152.	Daniel Oliveira	3:05:20	246.	Wayne Barton	3:16:08	340.	Mike Downing	3:27:45
153.	David Comeau	3:05:22	247.	Sumner Weeks, Jr.	3:16:10	341.	Thomas Daggett	3:27:56
154.	Terry Vazquez	3:05:30	248.	Daniel Brennock	3:16:32	342.	Daniel Koch	3:28:17
155.	James Cotsis	3:05:38	249.	James Vitale	3:16:38	343.	Gehrig Johnson	3:28:21
156.	John Brooks	3:05:44	250.	Sterling LeBlanc	3:16:54	344.	Peter Gerdine	3:28:33



345. Robert Yoffe	3:29:01	439. Jon Green	3:41:49	533. Daniel Lamb	4:03:54
346. David Vail	3:29:09	440. William Keniston	3:41:56	534. Jeff Preble	4:04:03
347. Roland Kearly	3:29:10	441. Tom Thomas	3:42:11	535. Stephen Leets	4:04:12
348. Robert Cluky	3:29:15	442. Jean Goldfine	3:42:27*	536. Tom Hart	4:04:35
349. John Schwerdel	3:29:18	443. Laurie Davis	3:42:35*	537. James Moore, Jr.	4:05:19
350. Sue Collins	3:29:21*	444. Peter Carmichael	3:42:43	538. Linda Dion	4:05:19*
351. Edward Rowe, Jr.	3:29:28	445. Richard Green	3:42:58	539. Tom Poirier	4:05:37
352. Ken Garrow	3:29:29	446. Roger Robinson	3:42:59	540. Mrs. Gorsuch-Perry	4:06:02*
353. Gerald Milano	3:29:41	447. Jorge Paz	3:43:02	541. Suzanne Laforge	4:06:59*
354. Mark Danyla	3:29:49	448. Christine Tuttle	3:43:05*	542. Charles Woodward	4:07:33
355. Gilbert Cote	3:29:58	449. Rosalyn Randall	3:43:14*	543. Vincent Skinner	4:07:34
356. Gary Bouchard	3:30:04	450. Linda Snow	3:43:18*	544. Susan Yandell	4:08:00
357. Steve Woodsum	3:30:08	451. Ray Bryant	3:43:54	545. Chuck McFarland	4:08:27
358. Robert Johnston	3:30:10	452. Normand Trotter	3:44:08	546. Tim Clough	4:09:10
359. Bill Johnson	3:30:15	453. James Grady	3:44:12	547. Joe Trubacz	4:09:33
360. Steve Doran	3:30:16	454. Mark DiPierro	3:44:18	548. Andrew Allen	4:09:37
361. Bob Laberge	3:30:24	455. Erik Bertelsen, Jr.	3:44:47	549. Al Mack	4:10:01
362. Steve Fox	3:30:29	456. Lee Ann Flanagan	3:44:52*	550. Gary Polson	4:10:03
363. William Caddigan	3:30:39	457. Greg Allen	3:45:28	551. Richard Wong	4:11:52
364. Ben Zuckerman U.R.	3:30:41	458. Donald Grant	3:45:32	552. Alfred Butler	4:11:52
365. William York	3:30:43	459. Robert Ouellette	3:45:39	553. Shirley Brent	4:12:32*
366. Steve Perry	3:30:51	460. William McKensie	3:45:43	554. Roger Williams	4:12:40
367. Bernard Gaines	3:30:51	461. Herman Cappel	3:45:46	555. George Furbush	4:13:41
368. Joe Isgro	3:30:59	462. Linda McNett	3:45:49*	556. Rochelle Clemson	4:13:41*
369. Mark Dorsey	3:31:07	463. Rebecca Beaudry	3:46:01*	557. Eddie Brissette	4:13:42
370. Harry King, Jr.	3:31:11	464. Sally Paterson	3:46:07*	558. Ernest Bayase	4:13:57
371. Robert Milliken	3:31:27	465. Joan Clavano	3:46:43*	559. Betty Klein	4:14:20*
372. Teresa Roby	3:31:49*	466. Katherine Yarrington	3:46:44*	560. John Oliver	4:16:08
373. Eugene Wicks	3:32:02	467. David Robinson	3:47:06	561. Hope Dorazio	4:16:20*
374. Richard Lates	3:32:27	468. Harvey Rohde	3:47:13	562. Bob Murray III	4:16:58
375. Arnold Falk	3:32:36	469. William Aurich	3:47:22	563. Thomas Clougherty	4:18:02
376. Jon Muench	3:33:05	470. Dennis Connelly	3:47:34	564. Beverly Garber	4:18:29*
377. Robert O'Neil	3:33:06	471. Richard Manthorne	3:47:34	565. Alice Van Deusen	4:18:31*
378. Galton Fontaine	3:33:08	472. John Rush	3:47:53	566. Georgianna Haskell	4:19:50*
379. Catherine Jarratt	3:33:11	473. Ray Carroll	3:48:07	567. Daniel O'Shea	4:23:10
380. Robert Lamigra	3:33:23	474. Andrew Sealey	3:48:14	568. Jack Oppen	4:23:44
381. James Maddin	3:33:27	475. Howard Atherton	3:48:16	569. Rex Molten	4:24:17
382. Louis Wocca	3:33:37	476. George Terry IV	3:48:52	570. Jeff Walch	4:24:24
383. S.G. Higgins	3:33:38	477. Tom Walsh	3:48:59	571. Victoria Strong	4:25:02*
384. John Corcoran	3:33:42	478. Cliff Fletcher	3:49:03	572. Norman Mallor	4:27:13*
385. Doug Swallow	3:33:45	479. Barbara Godfrey	3:49:10*	573. Joseph Bresnahan	4:27:23
386. David Toothaker	3:33:59	480. Michael Jenkins	3:49:10	574. John Kendall	4:27:23
387. John Harbottle	3:34:09	481. Don Anderson	3:49:18	575. James Monziona	4:28:09
388. John Peters	3:34:10	482. Richard Madeau	3:49:34	576. Elvin Bryant	4:28:30
389. Dennis Regan	3:34:11	483. Daniel Bodin	3:49:35	577. Wayne Hamilton	4:28:30
390. Edward Stott	3:34:27	484. Katherine Pfeiffer	3:49:48*	578. Marianne Trotter	4:29:33*
391. Robert Hill	3:34:45	485. Steve Mahoney	3:49:51	579. Amelia Smith	4:29:49*
392. Dennis Kelley	3:35:06	486. Ken Smith	3:49:52	580. Paula Robert	4:33:29*
393. Bill Green	3:35:38	487. Gerald Wiles	3:50:33	581. Fred Hopkins	4:36:55
394. Charles Robert	3:35:42	488. Warren Wilson	3:50:34	582. Mary Lee Fowler	4:40:08*
395. Ruzario Ouellette	3:35:47	489. Joyce Goodie	3:50:35*	583. Bob MacLaughlin	4:41:29
396. Linwood Twitchell	3:35:50	490. Mark O'Flynn	3:50:45	584. Robert Akerley	4:43:02
397. Heather Higbee	3:35:51*	491. William Wright	3:50:51	585. Patricia Keough	4:43:16*





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**"Run on over to Ben's"  
We've got something  
special for you!**

NOVEMBER

1	Scott Folson Band
2-4	Brother Jump
5-6	the King B's
7-8	the Bright Band
9-11	Paul Veck & the Jaguars
12-13	Randy Hawkes & the Overtones
14-15	Andrea Rae & Clouds
16	Phil Reynolds Revue
17-18	Glyder
19-20	Rollins-Tyoe Band
21-22	One Last Swing
23-24	Lindsay Abbot Band
25-27	Dr. Hicklick's Cucumber Band
28-30	Peter Galway & the Real Band

DOWNEAST STRIDERS

**BENJAMIN'S**

123 FRANKLIN STREET, BANGOR, MAINE 04401



MAINE AAU/USA STATE ASSOCIATION JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIP MEET.

Sunday, November 14, 1982 at Maranacook Community School, Readfield, Maine.

National Sponsor: Sears Roebuck and Company. Local Sponsor: Lakers Track Club.

Sanctioned by: Maine Association AAU/USA.

Entry fee \$2.00. Registration begins at 9:00AM. Guided tours at 10:00AM.

AAU/USA registration is required. Athletes may register prior to the meet.

Race events schedule is as follows:

10 and under girls	3 kilometers	(born 1972 or after)	11:30AM
" " " boys	" "	( " " " " )	11:50AM
11 " 12 girls	" "	( " 1970 " 1971 )	12:10PM
" " " boys	" "	( " " " " )	12:30PM
13 " 14 girls	4 "	( " 1968 " 1969 )	12:50PM
" " " boys	" "	( " " " " )	1:20PM
15 " 16 girls	5 "	( " 1966 " 1967 )	1:50PM
" " " boys	" "	( " " " " )	2:20PM
17 " 18 girls	" "	( " 1964 " 1965 )	2:50PM
" " " boys	" "	( " " " " )	3:20PM

The top twenty (20) finishers and the top three (3) teams in each age division will qualify to advance to the Region #1 qualifying meet which will be held in Beacon, New York on Sunday, November 21st. Limit of eight (8) members per team. State High School champions in all divisions will qualify directly to the National championships, by-passing the State Association meet and the Regional meet.

National championships this year will be held in Bonner Springs, Kansas on Saturday, December 4th.

Each divisional winner will receive a gold Junior Olympic medal and a trophy. Second place finishers will receive a silver medal and trophy. Third place will earn a bronze medal and a trophy. Awards will be given to all twenty (20) who qualify for the regionals.

Further information is available from :

Ron Kelly, 105 Maple Avenue, Scarborough, Maine 04074. Tel. 883-2747 after 9:00PM.  
Frank Glynn, 14 Gray Birch Drive, Apt. E-5, Augusta, Me. 04330. Tel. 622-9101.

ALL ATHLETES PLANNING TO COMPETE IN THE REGION #1 MEET MUST CONTACT RON KELLY BEFORE LEAVING TODAY SO THAT THEY CAN PICK UP THE NECESSARY ENTRY FORMS AND MAKE ARRANGEMENTS FOR TRANSPORTATION.

ALL COACHES OR A REPRESENTATIVE FROM ANY QUALIFYING TEAM MUST ALSO CONTACT RON BEFORE LEAVING TO ARRANGE FOR THE ENTRY OF HIS TEAM.



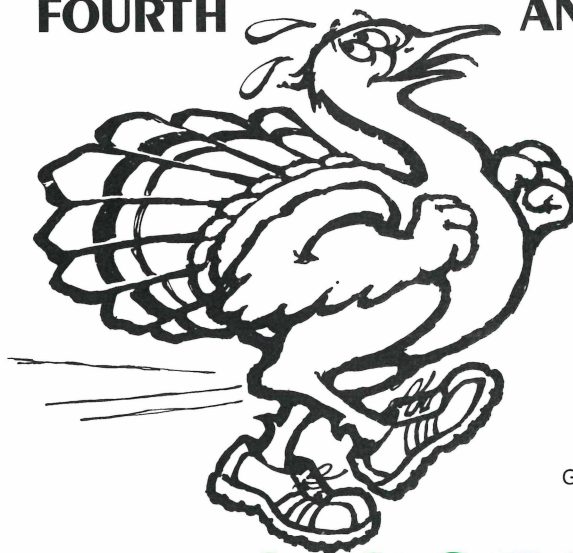
**1982 XVI JUNIOR OLYMPIC GAMES**  
Memphis State University  
August 4-8, 1982

**1983 XVII JUNIOR OLYMPIC GAMES**  
University of Notre Dame



# MAINE SAVINGS BANK

FOURTH ANNUAL



Guide to Road Racing  
in New England

## GASPING GOBBLER

### THANKSGIVING DAY ROAD RACE

**10,000 METERS (6.2 MILES) AND 2 MILE ROAD RACE**  
**FINISHING TIMES SHOWN BY LARGE DIGITAL CLOCK**

**DATE:** Thursday, November 25, 1982

**TIME:** 10:00 a.m. Registration begins at 8:30 a.m.

**PLACE:** Augusta Civic Center, Augusta, Maine.  
(Race course maps available at registration booth.)  
Showers and refreshments will be available to all.

#### AWARDS:

FREE Maine Savings running gloves  
to the first 200 finishers in each race.

Trophies and frozen turkeys will be awarded in  
the following categories in each race.

First male ..... Second male .....

First female ..... Second female .....



First male and female :

14 and under 19-29 40-49

15-18 30-39 50 and over

#### REGISTRATION:

\$4.00 fee for 10K race. \$3.00 fee for the 2 mile race.

#### COURSE RECORDS:

10K Men, Gerry Clapper, Bucksport, Maine —  
32.06 (1979)

Women, Margaret Clapper, Bucksport, Maine —  
42.26 (1979)

2 Mile Men, Arnold Adams, Sr., Thomaston, Maine —  
11.04 (1981)

Women, Lisa Dodge, Readfield, Maine 12.12 (1981)  
Marty Thornton, Hallowell, Maine —  
12.12 (1981)

**REGISTRATION:** Make checks payable to Maine Savings Bank.

In consideration of this entry being accepted I for  
myself, my heirs, administrators and assigns, hereby  
waive and release any and all rights, and claims I may  
have against the sponsors of this event. I also release  
the rights to all photographs to the sponsors of the  
race for current or future publicity purposes.

#### MAIL TO:

Robert J. Jolicoeur  
Maine Road Ramblers  
P.O. Box 264  
Augusta, Maine 04330

#### CHECK ONE

☐ 10K

☐ 2 Mile

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Fastest 10K time to date \_\_\_\_\_

Signature of participant \_\_\_\_\_

If under 18, must be signed by parent or guardian.

Sponsored by Maine Savings Bank in cooperation with the Maine Road Ramblers  
and the Augusta Recreation Department.

For additional information, please contact race directors Dave Jowdry (207) 622-7787 or Bob Jolicoeur (207) 775-4121

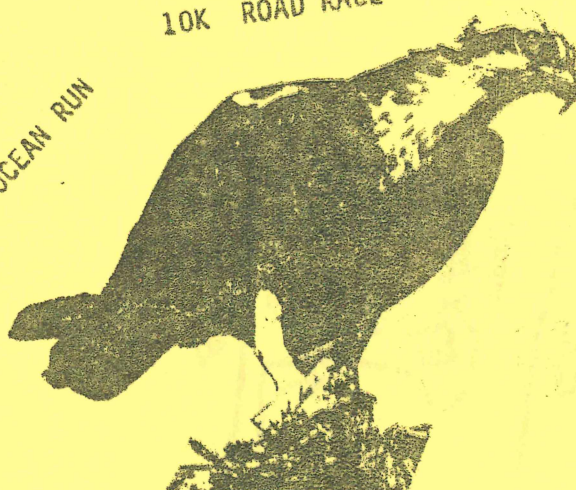


FIRST  
ANNUAL

GREAT OSPREY

OCEAN RUN

10K ROAD RACE



SPONSORED BY  
FREEPORT COMMUNITY EDUCATION

DATE: Sunday, November 21st, 1982

TIME: 12:00 NOON

START and FINISH: Wolf Neck State Park, Freeport, Maine

COURSE: 10K wheel-measured course - Starts at Wolf Neck State Park Parking Lot Road, continues down Wolf Neck Road - right on Flying Point Road to Lower Flying Point Road to Burnett Road to Wolf Neck Road to State Park.  
(See Reverse Side For Map)

ENTRY FEE: \$3.00 per entry. Registration accepted the day of the race from 10:00 - 11:30 A.M. at the Freeport High School All-Purpose Room.

RACE FEATURES: Race Results  
Showers and Rest Room Facilities available at Freeport High School.  
Hot and Cold Refreshments  
Mile Markers  
3.1 mile split

AWARDS: T-Shirts to the first 50 registered entrants.  
1st - 3rd place in each age category

AGE GROUPS: Male and Female

13 - under

19 - 29

40 - over

14 - 18

30 - 39

\*\*\*\*\*  
I enter this event at my own risk and will not hold the organizers of the GREAT OSPREY OCEAN 10K ROAD RACE, Town of Freeport, Freeport Community Education, Wolf Neck State Park or other persons involved in this race responsible for personal injuries.

NAME: \_\_\_\_\_ SEX: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_

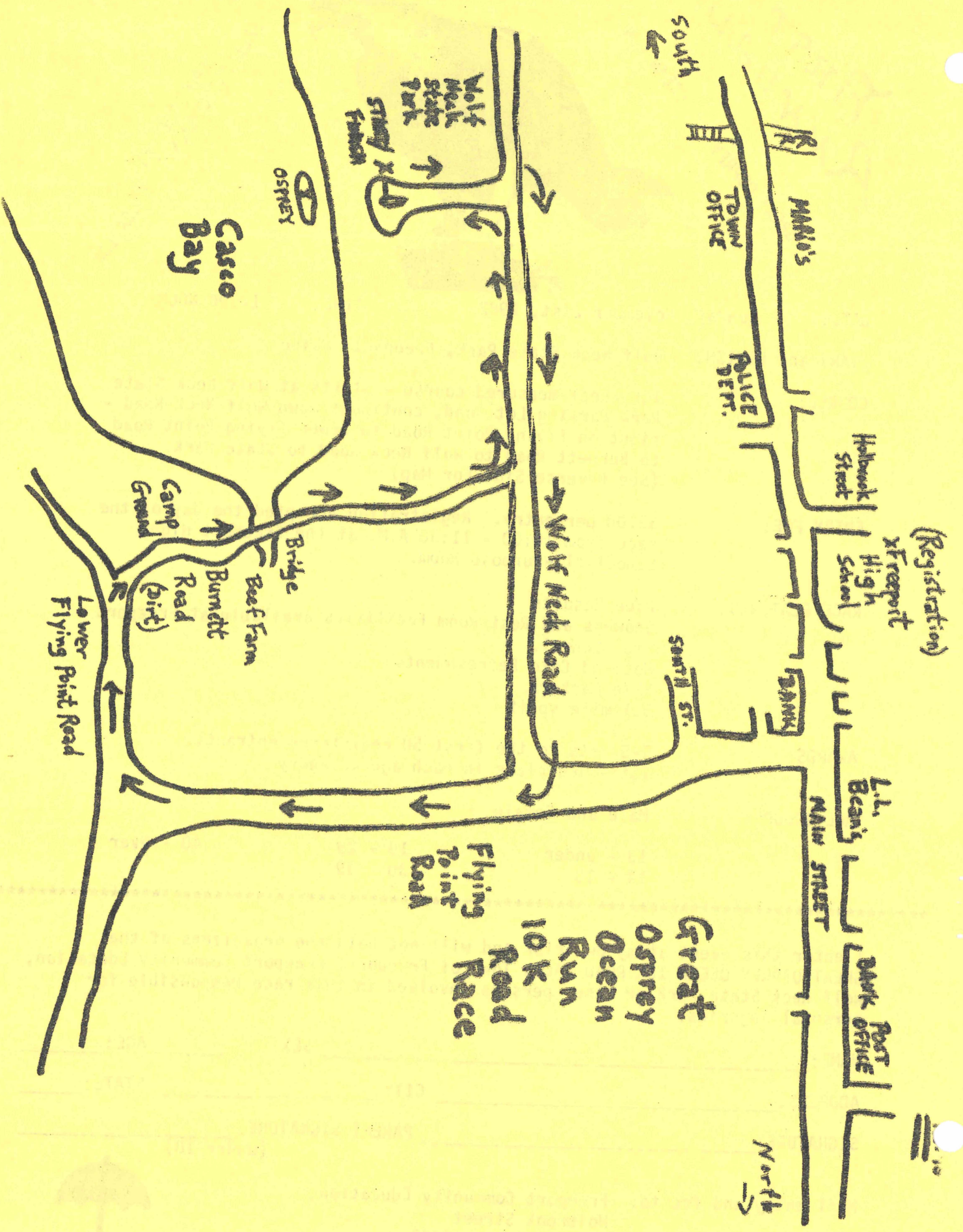
(under 18)

Mail entry and fee to: Freeport Community Education,  
Holbrook Street  
Freeport, Me 04032

10/82









## FLYERS IN MAINE RUNNING

Do you want to reach a great many runners without a great deal of hassle? Why not put your race application in Maine Running Magazine. Here's all you do:

Send me 700 flyers by the 20th of the month prior to the issue you want your flyer to appear in and a check for \$15. (Number of flyers will go up substantially in June, July and August) or...send us one photo ready copy of your flyer and \$50 and we'll print it for ya.

\* \* \*

## ATTENTION CAPITALISTS

Do you have a business that profits from physically active people? How about advertising in Maine Running? More than a 1,000 consumers read it each month.

full page \$50 a month; \$500 per year  
half page \$30 a month; \$300 per year  
1/4 page \$17.50 a month; \$175 per year

If you can come up with some kinky variation on the above rates, run them by me. I'm game.



The only way to handle large race fields.

\$50 per race

Let us know well in advance of your event so that we can reserve it for you on that day.

## HOW DO I SUBSCRIBE TO MR?

All you need to do is send the bottom part of this page to the address on the title page along with a check for \$15 and we'll send you the mag.

Name \_\_\_\_\_

Address \_\_\_\_\_

Zip \_\_\_\_\_

Make checks payable to Maine Running

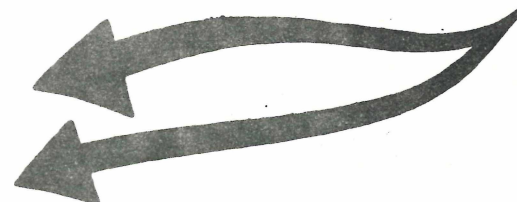
## WHERE CAN I PICK UP A COPY OF MAINE RUNNING?

Have you woken up in the middle of the night lately asking yourself, "I know where I get my Maine Running each month but where should I tell all the people who ask me where to go to get theirs?"

Rest easy. Help is here at last. You will never have to miss another precious moment of rest, for the answer is here:

## BUY MAINE RUNNING AT:

- \*OLYMPIA SPORT IN SOUTH PORTLAND
- \*THE GOOD SPORTS IN BRUNSWICK
- \*THE ATHLETIC ATTIC IN AUBURN
- \*PETER WEBBER IN WATERTOWN
- \*HASKELL & CORTHELL IN CAMDEN
- \*JAMES BAILEY CO. IN PORTLAND
- \*ATHLETIC ATTIC IN BANGOR
- \*GOLDSMITH'S SPORTING GOODS IN BANGOR
- \*HASKELL'S SPORTING GOODS IN BAR HARBOR
- \*GOLDSMITH'S SPORTING GOODS IN P.I.
- \*WILLEY'S IN ELLSWORTH
- \*LIFE SPORTS OF ELLSWORTH
- \*NORTHERN LIGHTS IN FARMINGTON
- \*GOLDSMITH'S IN ROCKLAND



MAINE **Running**



# Three good reasons why New Balance makes running shoes in different widths.

Feet are remarkably like the people who own them.

Some are long and skinny. Some are short and broad. And others are everywhere in between.

At New Balance, we've always held the view that if feet come in different widths, so should our running shoes. It doesn't make it any easier for us to produce them. But it does make our shoes a lot better for a whole lot of runners.

The way we look at it, getting fit starts with your feet.

New Balance running shoes are available for men in four widths—B, D, EE and EEEE. And for women, in three—AA, B and D.

**new balance** **AB**

New Balance Athletic Shoe, Inc., Boston, MA 02134.

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### New Balance Pride

Boston Celtic superstar M.L. Carr worked with us on its development. He says its spectacular.

**\$62<sup>00</sup>**

### New T-500

An all-leather court shoe unmatched for comfort, support and durability.

**\$47<sup>99</sup>**

### Rainier Hiking Boots

A boot that takes running shoe technology to new heights. The lightest hiking boots money can buy.

**\$74<sup>99</sup>**

### Jamboree

The first shoe specifically designed for aerobic dancing. Lightweight mesh upper and superior stability.

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## Men's & Women's 420 Trainer

Reg. \$47<sup>99</sup>

**Sale Price**

**\$39<sup>99</sup>**